



POWER IT UP!

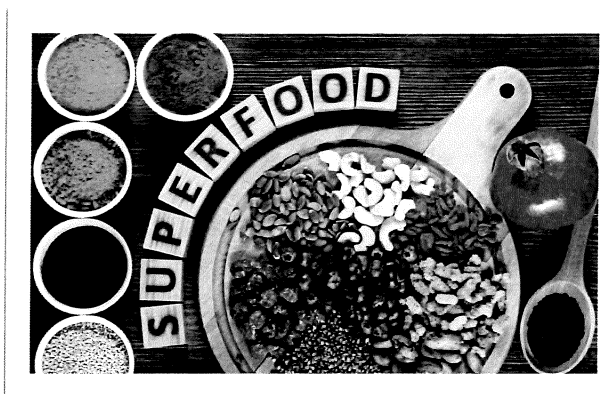
THE POWER OF SUPERFOODS

TUESDAY, MARCH 12 @ 6:00 PM

LAKELAND HILLS FAMILY YMCA

PRESENTED BY BARBARA GALVIN, R.D.

Superfoods are a diverse collection of nutrient-rich natural foods such as berries, seeds, grains, algae, vegetables and fruits, which can have a positive effect on your body. They contain a large percentage of vitamins, minerals, enzymes, amino acids and antioxidants.



Only a handful of items can earn the title of a Superfood! These are foods that have benefits that go well beyond good nutrition. Learn about these foods and why you should think about incorporating them into your diet for optimal health and energy.

Our presenter is Barbara Galvin, a registered dietitian whose area of focus is on community health and

wellness. She is an in-store dietitian at ShopRite of Parsippany and ShopRite of West Caldwell, where she counsels and educates customers and employees about nutrition, food trends and science-based dietetic information.



Barbara Galvin

REGISTER

Program is free, but please register online, in person, or call the Y

CONTACT

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