

**ATTENTION MORRIS  
TOWNSHIP SENIORS!**

# LUNCH & LEARN



Morris Township Health & Recreation Dept. Presents:

## **ADOPTING A HEALTHY LIFESTYLE**

Monday, January 30, 2023 / 11:30 AM  
Senior Meeting Room  
50 Woodland Avenue, Morris Township



Light lunch will be served  
Please register by calling: 973-326-7371

