

# Senior Health & Fitness Program Presents: *Health & Wellness Lecture Series*



**Topic:** Food Safety at Home

**Speaker:** Karen Fivek, Registered Dietitian

**Date:** Wednesday, September 14, 2022

**Time:** 11 am to Noon  
(45-minute presentation, 15 minutes Q&A and boxed lunch)

**Location:** Meals on Wheels in Hunterdon, Inc.  
5 Walter Foran Blvd, Suite 2006, Flemington, NJ

**Discussion:** Tips for when you go shopping  
Preparing and reheating food safely  
Storing refrigerated food safely

**Registration is required. Seating is limited to the first 14 people.  
Boxed lunch is courtesy of Meals on Wheels in Hunterdon.  
Suggested meal donation is \$5.50**

To register email your name, phone number, address, and email address to Eleanor Langeveld at: [elangeveld@co.hunterdon.nj.us](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128.

*Sponsored by Hunterdon County Division of Senior Disabilities & Veteran Services  
and Meals on Wheels in Hunterdon County, Inc.  
Program for residents of Hunterdon County that are 60 years or older.*