

Hunterdon County Senior Center Presents: Nutrition and Wellness Series

This new series at the Senior Center will provide speakers on various Nutritionists and Wellness topics. Our speakers include registered dietitians, nutritionists, physical therapists, and other public health professionals.

Upcoming Nutrition and Wellness Topics:

January 9th: Generic vs Name Brand Medicine
with Michael Wolf, Licensed Pharmacist.

February 13th: Heart Health
with Claudia Shore, Dietician, Shoprite of Clinton

March 13th: Osteopathic Manipulative Treatment
with Michaela Lei, Doctor of Osteopathic Medicine.

April 10th: Limited Mobility Adaptations
with Dr. Jennifer Emejulu, Doctor of Physical Therapy with
specialty in Orthopedic Physical Therapy

This series is held on the 2nd Thursday of every month at 2:00 PM
in the Meals on Wheels room

To register please contact Kelly Hughes at khughes@co.hunterdon.nj.us
or Ryan Munley at rmunley@co.hunterdon.nj.us or call 908-788-1359

Open to Hunterdon County residents aged 60 and over who are enrolled members of the
Senior Center. Donations are appreciated.
Please see a Senior Center staff member if you would like to donate.