



# BERGEN NEW JERSEY *County*

*Bergen County Executive*  
**James J. Tedesco III**  
*and the*  
**Board of Chosen Freeholders**

*Cordially invite you to*

**EAT WELL**  
*Bergen*

## WHAT'S ON YOUR PLATE? ALL-INCLUSIVE RECREATION PROGRAMS



*Free* classes sponsored  
by the **Bergen County**  
**Departments of Health**  
**Services, Human**  
**Services, and Parks and**  
**Recreation.**

**THURSDAY AUGUST 15, 2019**

**6:00pm-7:30pm**

*(A Sign Language interpreter will be available)*

*Registration is required. Space is Limited.*



**Modiani Kitchens**

**46 S. Dean St • Englewood, NJ 07631**



To register or request special accommodations

Contact Marla Klein • 201-634-2693 • [mklein@co.bergen.nj.us](mailto:mklein@co.bergen.nj.us)

**James J. Tedesco III**  
*Bergen County Executive*

**Board of Chosen Freeholders**

Germaine M. Ortiz, *Chairwoman* • Mary J. Amoroso, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*  
David L. Ganz • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur