

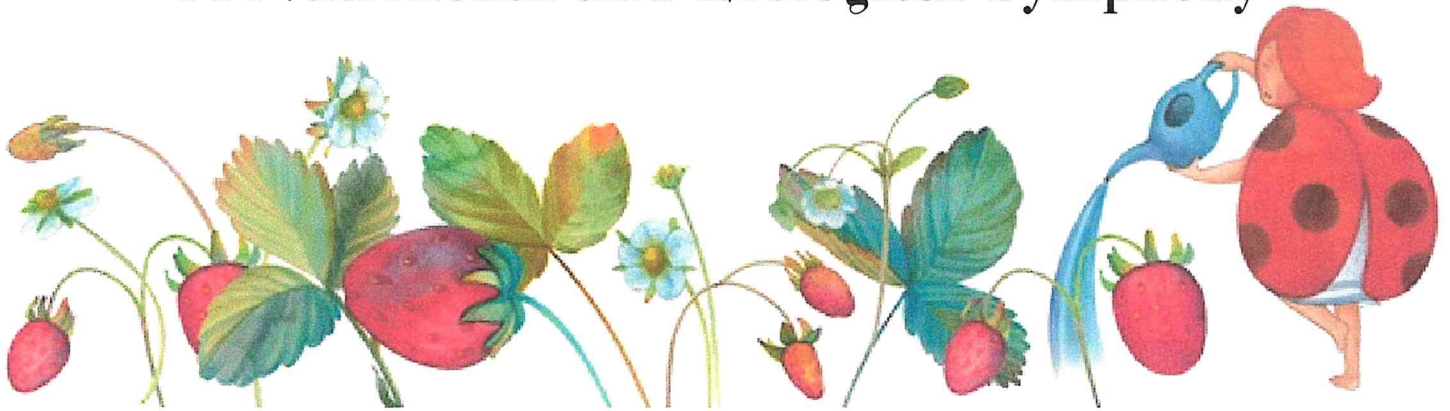
FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201-796-1191

srcenter@fairlawn.org

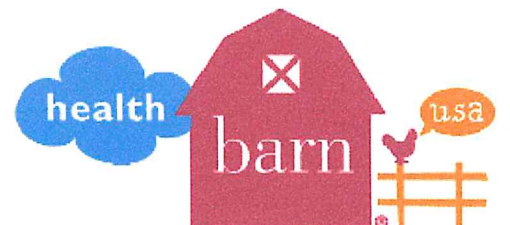
Ladybugs and Strawberries: A Nutritional and Ecological Symphony



Discover the remarkable nutritional benefits of strawberries in our upcoming nutritional lecture. Learn how these super sweet fruits can enhance your diet with essential vitamins, antioxidants, and fiber. Explore the fascinating relationship between strawberries and ladybugs, and understand their crucial roles in promoting sustainable agriculture. Join us for an insightful journey into the world of strawberries and their tiny, beneficial allies. Those who register in advance will have the opportunity to try a sweet berry treat in honor of the little red friend.



PRESENTED BY
STACEY ANTINE, RD



strong bodies healthy minds

TUESDAY, JUNE 11, 2024 @ 11 A.M.

Advance registration necessary for this program. Deadline: 6/7

The Senior Center offers a Noon lunch (\$1.25 suggested donation)

and reservations should be made at least 24 hours in advance.