

FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201-796-1191

srcenter@fairlawn.org

DISCOVER THE POWER OF PREBIOTIC SODAS!

Join us for a tasting of refreshing prebiotic sodas like Olipop and Poppi! These delicious beverages not only satisfy your soda cravings but also support gut health with added prebiotics, natural ingredients, and less sugar than traditional sodas. Our ShopRite Dietitian, Kristiana Rufo, will be here to answer your questions and share tips on how prebiotic sodas can be a tasty way to boost your wellness. Stop by, sip, and learn how prebiotic sodas can be a tasty way to boost your wellness!

**PRESENTED BY
KRISTIANA RUFO**



THURSDAY, APRIL 17, 2025 @ 1 P.M.

Advance registration necessary for this program.

The Senior Center offers a Noon lunch (\$1.25 suggested donation) and reservations should be made at least 24 hours in advance.