

# FAIR LAWN SENIOR CENTER

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## "(AVOCADO) TOAST TO THE NEW YEAR"

PRESENTED BY  
TRE' BROWN  
NUTRITION EDUCATOR



This brand-new nutrition education demonstration and tasting event will focus on promoting healthy eating habits to start the year off right. Participants learn about the health benefits of avocado, whole grains, and nutrient-rich toppings, which are incorporated into creative, balanced avocado toast recipe. Attendees gain tips on meal prepping, portion control, and incorporating more nutrient-dense foods into their daily diet, all while sampling an avocado toast for inspiration. This event encourages nutritious choices that are both delicious and easy to make.

Thursday, January 2, 2025 @ 10:30 A.M.

**Advance registration necessary for this program. Deadline: 12/23/24**

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