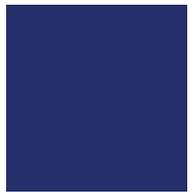




Hackensack
Meridian *Health*



Healthy Eating On A Budget

Join our registered dietician, as she shares advice on foods that can help your heart health and long-term healthy eating style, while making budget-smart choices!

Wellness Screenings

Join our nurses for FREE wellness screenings!

Screenings will include:

Blood Pressure

Cholesterol*

Glucose*

Stroke Risk

BMI

Pulse

*Fasting is not required.

Wednesday
January 21, 2026
Lecture 10-11 a.m.
Screenings 11 a.m. - 1 p.m.

Manalapan Senior Center
114 Rt. 33 West
Manalapan

KEEP GETTING BETTER