

BERGEN NEW JERSEY *County*

Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders
Cordially invite you to



HEALTHY COOKING DEMONSTRATION FOCUSING ON LOW SODIUM OPTIONS

RECREATION FOR INDIVIDUALS WITH/WITHOUT DISABILITIES



Free class sponsored by the Bergen County Departments of Health Services, Human Services and Parks and Recreation

IN PARTNERSHIP WITH SHOPRITE OF WYCKOFF

Wednesday, April 8, 2020 at 12:30 PM
Location: Bergen County Northwest Senior Activity Center
50 Center Street
Midland Park, NJ

To request special accommodations contact Zrinka Druskovich
• 201-336-7440 • zdruskovich@co.bergen.nj.us



James J. Tedesco III
Bergen County Executive

Board of Chosen Freeholders

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

