



# HEALTHY COOKING FOR HEALTHY LIVING

with Chef Shauna Alvarez



## DEMONSTRATION

Thursday, January 25, 2024: 10:00 am – 12:00 pm  
United Way Volunteer Center  
20 Fulper Rd., Flemington, NJ 08822

## COOKING CLASS

Tuesday, January 30, 2024: 10:00 am – 12:00 pm  
America's Grow a Row  
150 Pittstown Road  
Pittstown, NJ 08867

**TRANSPORTATION AVAILABLE**

## LIMITED SPACE!

To register, text or call:  
Gabriela Bonnavent  
908-892-7369



United Way of  
Hunterdon County



# COCINAR SALUDABLE PARA VIVIR SALUDABLE

con Chef Shauna Alvarez



## DEMOSTRACION

Jueves 25 de Enero, 2024: 10:00 am – 12:00 pm  
United Way Volunteer Center  
20 Fulper Rd., Flemington, NJ 08822

## CLASE DE COCINA

Martes 30 de Enero, 2024: 10:00 am – 12:00 pm  
America's Grow a Row  
150 Pittstown Road  
Pittstown, NJ 08867

**TRANSPORTE DISPONIBLE**

## CUPO LIMITADO

Para registrarse envíe un texto o llame:  
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908-892-7369



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