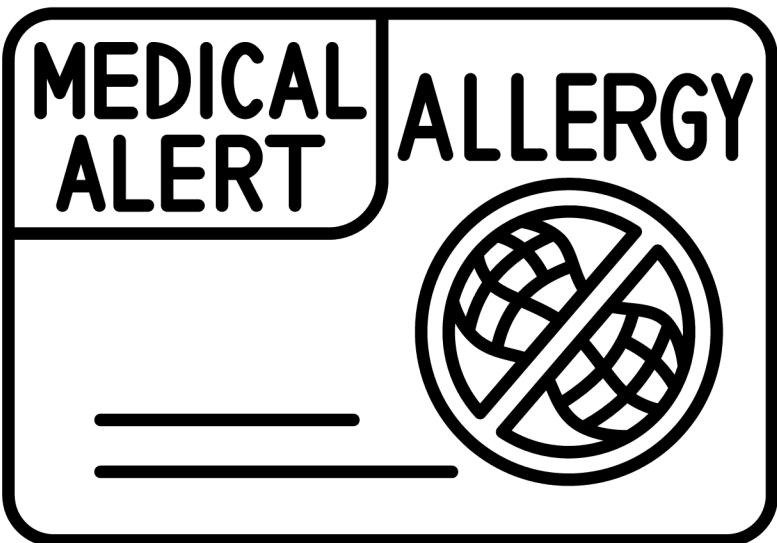


Senior Health & Fitness Program Presents:
Health & Wellness Lecture Series



Understanding Food Allergies

Presented by: Karen Fivek, RDN



Date: Wednesday, February 18, 2026

Time: 11 AM - Noon

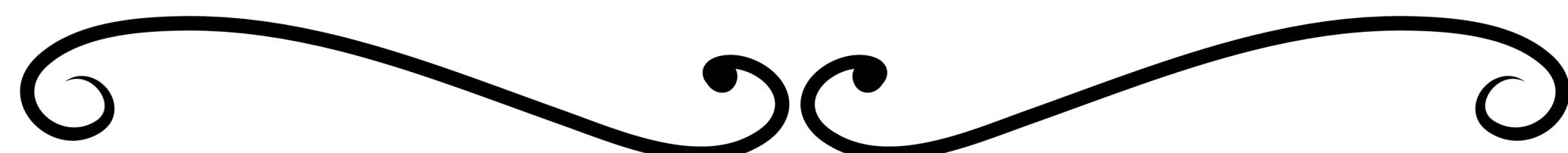
(45 min presentation, 15 min Q&A and boxed lunch)



Location: Meals on Wheels Main Office

5 Walter Foran Blvd, Suite 2006,
Flemington, NJ 08822

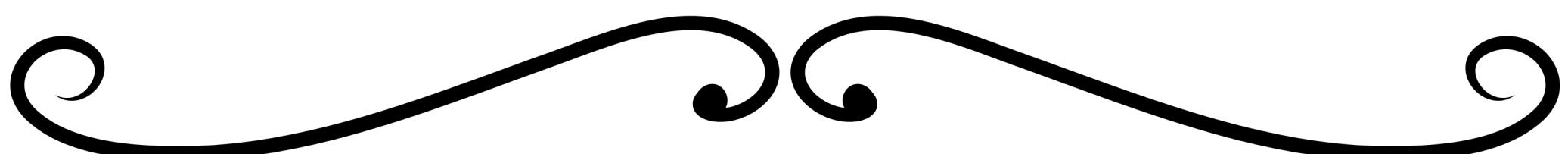
Discussion: Is your allergy knowledge up to scratch? Learn how to recognize symptoms of reactions, prevent allergen exposure/cross-contamination, and manage food allergies!



Email your name, phone number and food order to office@mowih.org, or call (908) 284-0735 to register.

Registration is required by 12 PM February 12.

Seating is limited.



*When you RSVP, let us know if you'd like to have a light lunch
(suggested donation of \$5.50 per meal)
or if you would prefer to just come and learn!*

Sponsored by Hunterdon County Division of Senior Disabilities & Veteran Services and Meals on Wheels of Hunterdon County, Inc. Partially funded by the "Older American Act". Program is for residents of Hunterdon County that are 60 years or older.