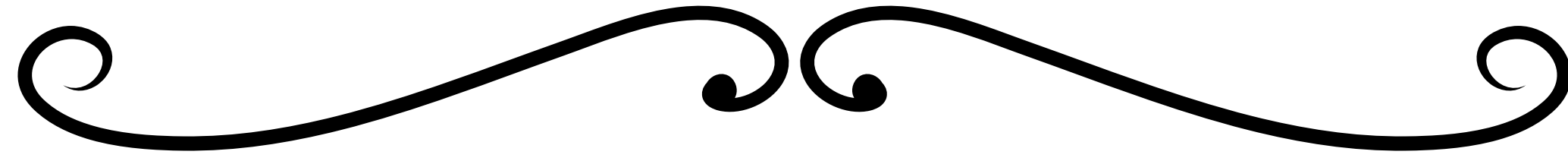


Health & Wellness Lecture Series
August 2026 Lunch and Learn

Power Up! Protein Boosting

Presented by: Karen Fivek, RDN



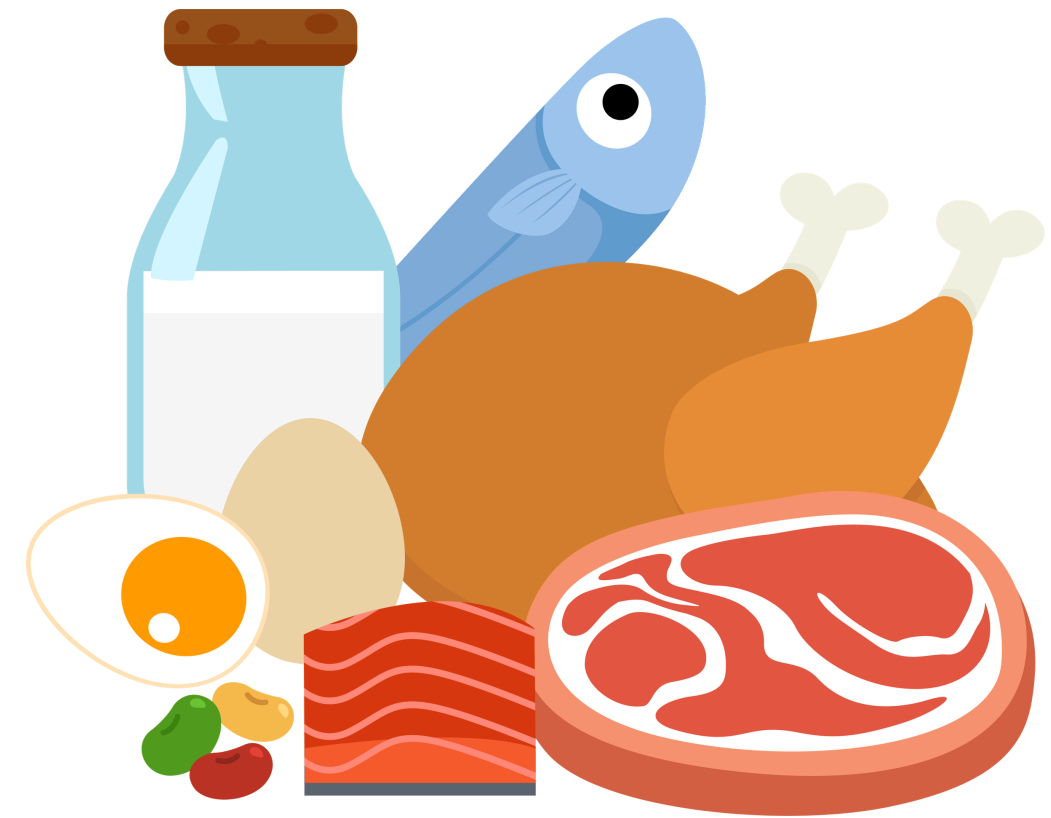
Date: Wednesday, August 19, 2026

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: Power Up! Boosting Protein Intake

Join us for an informative and engaging Lunch & Learn focused on simple strategies for adding protein to your diet. Learn the reasons it is so crucial to include protein, and some easy options to include!



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 August 12th.

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.