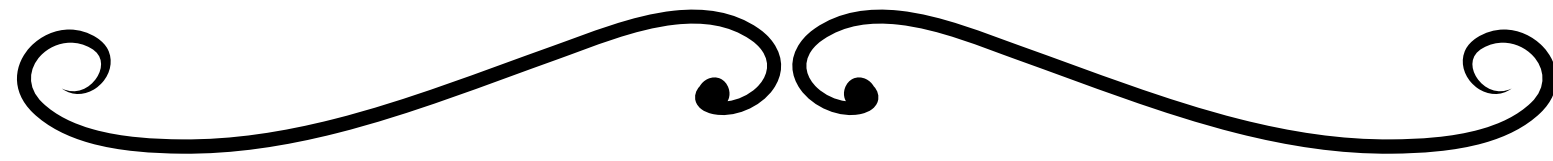


Health & Wellness Lecture Series November 2026 Lunch and Learn

MINDFUL EATING

Presented by: Karen Fivek, RDN



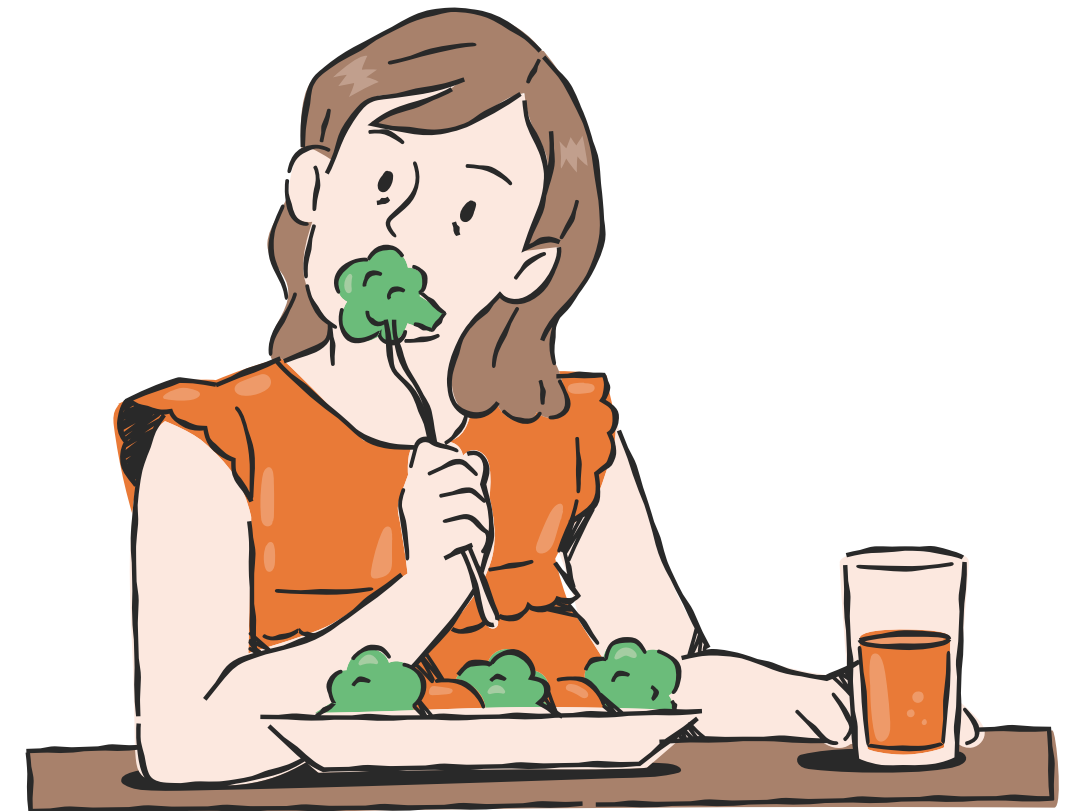
Date: Wednesday, November 18, 2026

Time: 11 AM - Noon

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

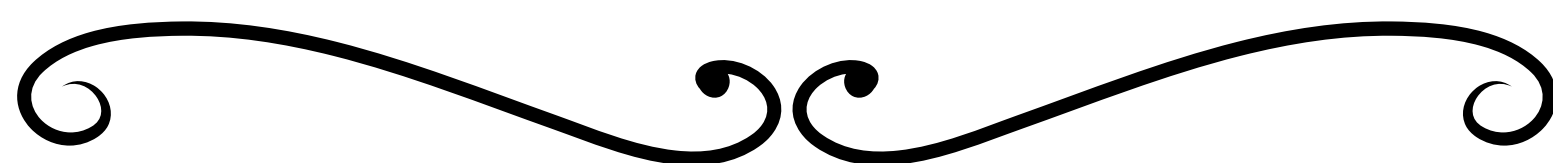
Location: Meals on Wheels Main Office

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



Discussion:

Discover practical strategies for savoring food and making healthier choices during festive gatherings. Engage in interactive discussion that promotes awareness and a balanced relationship with food, empowering you to enjoy the holidays mindfully.



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 October 14th.

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.