

The Pantry Purge



with Mona Laru, Nutrition and Wellness Coach of Naked Nutrition

Out with the old junk, in with the new goodies. Remove toxic foods from your pantry and stock up on a variety of healthy, energizing foods. *Wellness Starts Within* is the motto at Naked Nutrition. The idea is to try to make eating organically and exercising a fun, manageable and sustainable part of your life. Mona believes "Everybody should be given the opportunity to live a fulfilling life and be educated and understand the importance of energizing foods and exercising. Eating healthy and exercising daily not only makes you feel happy and look good, it can prevent serious diseases and illness."

Thursday, February 2 at 7:00 pm
at the North County Branch of the Hunterdon County Library
65 Halstead Street, Clinton

This program is FREE and open to the public. Reservations can be made by calling (908) 730-6135 or visiting our web site's Events Calendar at www.hclibrary.us