

# Spring Ahead to Healthy Eating!

The South Orange Department of Health  
&  
Giorgio's Ristorante

*Proudly Presents*

## Childhood Obesity

A **FREE** Cooking Workshop

Monday, May 10, 2010 7pm-9pm at  
Giorgio's Ristorante, 52 Vose Avenue

**Obesity in childhood is a growing global concern. Obesity places young people at risk for life-long health problems including high cholesterol, high blood pressure, early heart disease, asthma, depression and diabetes.**

- Learn how to prepare healthy and tasty meals, first hand (all recipes designed by a nutritionist)
- Receive Recipes and shopping list to help you make the right choice when you are planning your meals.

**Register Now! Space is limited!  
Register No Later Than April 26, 2010**

**Call the South Orange  
Department of Health to Reserve:  
973-378-7715 ext. 7710**

