JCC MetroWest Fitness

HIDDEN SUGAR WORKSHOP

Tuesday, November 19
1:30–2:30 pm

JCC MetroWest
760 Northfield Avenue, West Orange
Tepper Hall

Are you skipping cookies, cake or other sweet treats to reduce your sugar intake? Give yourself an A for effort, but you're probably still eating more sugar than you realize. The average American eats 22 teaspoons of added sugar per day, according to the American Heart Association.

Join **Jen Stein**, Registered Dietitian and Diabetes Educator at Cooperman Barnabas to learn more about "Hidden Sugars." Knowing where sugar may be hiding can help you beat added sugar at its game of hide and seek.

This program is **FREE** and open to the public.

Registration required

Visit
jccmw.us/hiddensugar
or scan the QR code

Sponsored by

Cooperman Barnabas Medical Center | RWJBarnabas HEALTH

For more information or to register, please contact Ellen Robertson at erobertson@jccmetrowest.org or 973-530-3415.

Leon and Toby Cooperman JCC | Pauline B. and Mortimer Salzman Building | Eric F. and Lore Ross Family Campus

J MetroWest

Jewish Federation of Greater MetroWest NJ

760 Northfield Avenue
West Orange, NJ 07052
jccmetrowest.org

JCC MetroWest is a beneficiary agency of Jewish Federation of Greater MetroWest NJ.
JCC MetroWest strives to ensure access and meaningful participation by all members of the community.