



YOUTH | Division of Youth Services

A Division of the Department of Human Services

@UCNJYOUTH | #UCNJYOUTH

PARENTS IN ACTION!

- Parent Support Groups -

HEALTHY EATING & TIME MANAGEMENT

Essential Skills for:

Meal Preparation

Kitchen & Food Safety

Eating on a Budget

Disease Prevention & Management



SESSIONS:

Tues., April 28

Tues., May 5

Tues., May 12

Tues., May 19

Tues., May 26

5:30pm-7:00 pm

REGISTER TODAY!

Family engaging cooking lessons
AT NO COST

Plainfield Performing Arts Center (PPAC)
724 Park Ave
Plainfield, NJ 07060

Call or visit us at:
(908) 558-2520
ucnj.org/youth



A Service of the Union County Board of Chosen Freeholders



UNION COUNTY
We're Connected to You!

www.ucnj.org

