



Middlesex Recreation Department, 1200 Mountain Ave., Middlesex, NJ 08846 · (732)356-7400 x 7
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Decoding Your Diet

April 20, 2015 • 7pm-8pm



Presented by: Amy Napoli, RDH www.balancedhealthyself.com

Are you confused about what are the “Right” foods to eat? Do you know what the labels mean on most food items? Is one of the most stressful moments of your day dinner time because you’re not sure what to feed your family? This workshop will decode the grocery store confusion and clarify how to get the most nutrition out of the foods we eat. We will discuss how to decrease the stress over feeding our families and learn how to incorporate guilt free solutions. Join us and have yourself and family take the first step to a healthier lifestyle!

Decoding Your Diet will be held at the Recreation Center on April 20, 2015 from 7PM-8PM. \$5 fee per person. Please make checks payable to “Middlesex Recreation Dept.”. Light refreshments will be served.

Amy Napoli is a Health Coach and owner of Balanced Healthy Self, LLC. Amy received her training through the Institute of Integrative Nutrition cutting edge Health Coach Training Program. Amy decided to become a health coach to fulfill her passion of working with busy individuals to improve their health and life balance through nutrition, fitness and overall wellness.

Please fill out portion below in ink and return to Recreation Dept. with fee. Please keep top portion with dates.

Decoding Your Diet 2015

NAME _____ DOB ____/____/____ AGE _____

ADDRESS _____ CONTACT PHONE _____

Parent(s)/Guardian Info:

Parent Name address (if different from above) Phone _____ Cell Ph. _____

Parent Name address (if different from above) Phone _____ Cell Ph. _____

Contact email _____

Other Contact in case of emergency (DO NOT USE YOURSELF):

Name _____ Phone _____ H / C / W Relation to child _____

Specific medical allergies, chronic illness or other medical conditions the staff should be aware of:

Parent/Guardian Signature _____ / ____/____
date

DO NOT WRITE IN THIS BOX - for office use only - Decoding Your Diet 2015

DATE RCV'D _____ RCPT # _____