

# FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201-796-1191      srcenter@fairlawn.org

# COOKING DEMONSTRATION & TASTING

Kickstart your morning with a wholesome twist! Join us for a lively demo and tasting event with our Registered Dietitian Marla Klein, who will showcase the versatility of oatmeal as a healthy breakfast staple. Discover creative, nutrient-packed topping combinations that cater to all tastes. Whether you're a breakfast enthusiast or looking for fresh, simple ways to energize your day, this interactive session will leave you inspired and full of delicious ideas. Don't miss the chance to warm up your day with health and flavor in every bite!

**TUESDAY**  
**FEBRUARY 11, 2025**  
**@ 9:30 A.M.**

**Advance registration necessary  
for this program. Limited space.**

The Senior Center offers a Noon lunch  
(\$1.25 suggested donation) and reservations should  
be made at least 24 hours in advance.

