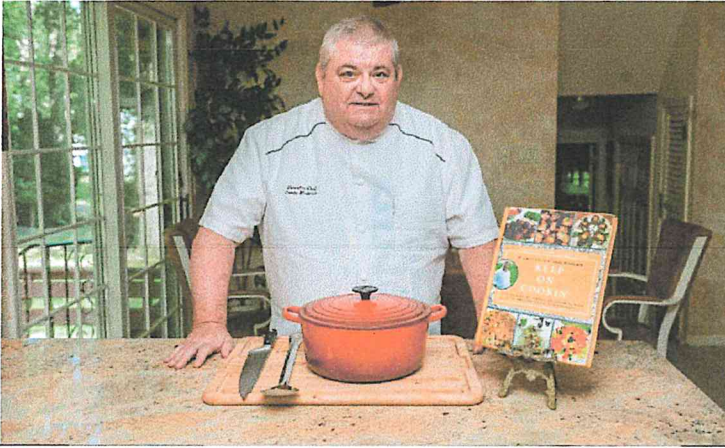


# FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410

201-796-1191      srcenter@fairlawn.org

## "CULINARY THERAPY:

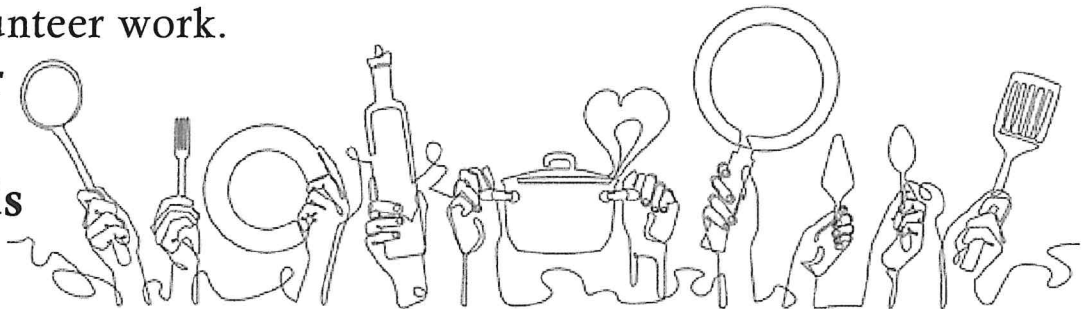


**Food as a Catalyst for  
Healing and Well-Being"**

**Presented by  
Executive Chef Cardie Mortimer**  
who will demonstrate how to make his  
New Orleans-Style Bread Pudding!

Join us for this one-hour presentation as Chef Cardie uses personal anecdotes, culinary expertise and lots of humor! Chef Cardie entertains and educates while exploring the profound impact that food and cooking has on all our physical, mental and emotional aspects of our lives. Chef Cardie has worked side by side with top chefs in the country including Chef Emeril Lagasse. Chef Cardie's generosity includes personally funding a state-of-the-art kitchen facility, food pantry and donating his time teaching young aspiring chefs throughout the country. Chef Cardie presided over a major benefit dinner and published a cookbook, dedicating all proceeds to the homeless. Chef Cardie was awarded a prestigious United State Congressional Certificate from the 6th Congressional District of New Jersey honoring him for all of his community volunteer work.

**Join us to hear  
Chef Cardie's  
delicious words  
of wisdom!**



**THURSDAY, NOVEMBER 21, 2024 @ 1 P.M.**

**Advance registration necessary for this program. Deadline: 11/14**

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