

Secaucus Public Library

1379 Paterson Plank Road

Lose weight, feel great and eat deliciously in the process!



**Tuesday, March 10th
7:00 pm
Panasonic Room**

Is your breakfast boring? Are you starving by 10am? Clueless about what to make for dinner? If your daily meals could use a makeover, join Jill Rodriguez for a 5-Day Meal Plan to kick start you into eating better and feeling great. Let's lose that extra layer you have been carrying around and get some energy, satiety, and of course, delicious meals suggestions in the process!

Please register at secaucuslibrary.org