



# MAKE AND TAKE OWL SNACK

With Registered Dietitian Danielle Buonforte, RD  
from ShopRite of Lincoln Park

## Welcome Center

Thursday, September 28

4:00 - 6:00 PM

100 Fanny Road

Mountain Lakes, NJ 07005

**FREE and Open to the Community!**

Registration Required:  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com),  
search under "Snack Series"

