



## FCHS Offering *Healthy At Home* Series

While at home during these uncertain times, it is so important that we keep ourselves well!

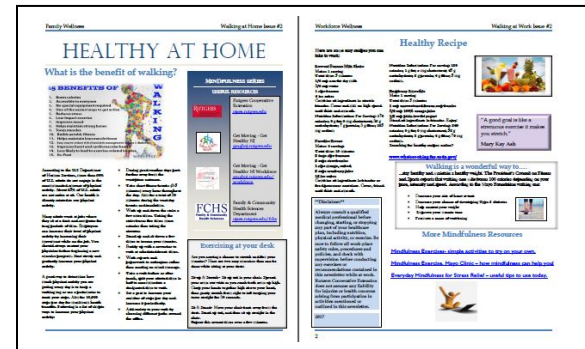
The weekly online newsletter *Get Moving-Get Healthy NJ: Healthy At Home* promotes living a longer healthier life with resources on

 *How eating nutritious foods can contribute to a healthy lifestyle;*

 *Strategies for changing eating and exercise habits;*

 *Practical tips for adapting your lifestyle from the comforts of your home.*

 *Plus...Great Recipes Included!*



To join in, send an email to [HealthyatHome](mailto:HealthyatHome) and look forward to receiving your weekly newsletter!

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