

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Madison-Soothe Tummy Troubles With Seltzer Morristown-Why Is It Important To Eat Fruit? Butler-Fatty, Cold Water Fish Are High In Omega-3's And May Lower Your Risk For Diabetes Parsippany-Senior Fitness</p>	<p><b>4</b> Butler-Brighten Your Mood With Apples Chester-Fruit And Vegetable Storage 101 Chatham-Spinach Is High In Vitamin B Jefferson-Reduce Your Stroke Risk With Oranges</p>	<p><b>5</b> Morris Mews-What Foods Are In The Protein Foods Group? Mt. Olive-Choosing Chicken And Fish May Help You Avoid Heart Problems And Stroke Butler-Blood Pressure Screening Parsippany-Senior Fitness</p>	<p><b>6</b> Chester-Reduce Your Stroke Risk With Oranges Chatham-Why Is It Important To Make Lean Or Low-Fat Choices From The Protein Foods Group? Dover-What Counts As Processed Meat? Montville-Sundae Fun Day</p>	<p><b>7</b> Rockaway-The Super fruit That Reverses Skin Aging Long Hill-Tips To Help You Eat Your Whole Grains? Butler-Columbus Day Celebration Denville-Program On Nutrition Fact Labels With Nutritionist</p>
<p><b>10</b>  All Sites Closed</p>	<p><b>11</b> Montville-Diet And Exercise: The Role Of Fruits &amp; Veggies Chatham-Beans And Peas Are Unique Foods Chester-Vegetarian Choices In The Protein Foods Group Morristown-Blood Pressure With Nurse</p>	<p><b>12</b> Chatham-Fruits And Vegetables Provide Fiber That Keeps Your Digestive System Happy Denville-Blood Pressure Screening Parsippany-Senior Fitness</p>	<p><b>13</b> Dover-Top Ten Healthy Ways To Cook Fruits And Vegetables Chatham-How Many Servings Of Vegetables Are Needed Daily? Chester-Why Is It Important To Eat Whole Grains? Butler-Program on Shingles</p>	<p><b>14</b> Long Hill-Why Is It Important To Eat Fruit? Mt. Olive-What Foods Are In The Grains Food Group? Roxbury-Reduce Your Stroke Risk With Oranges Parsippany-Tai Chi Madison-Bingo</p>
<p><b>17</b> Jefferson-Tips To Help You Eat Fruits Madison-Why Is It Important To Make Lean Or Low-Fat Choices From The Protein Foods Group? Parsippany-Strength And Stretch</p>	<p><b>18</b> Parsippany-How Many Servings Of Fruits And Vegetables Are Needed Daily? Chester-Choosing Chicken And Fish May Help You Avoid Heart Problems And Stroke Montville-Blood Pressure Screening</p>	<p><b>19</b> Mt. Olive-Reduce Your Stroke Risk With Oranges Madison-Beans And Peas Are Unique Foods Butler-Blood Pressure Screening Denville-Six Ways To Outsmart The Zika Virus</p>	<p><b>20</b> Chatham-Soothe Tummy Troubles With Seltzer Morristown-How Much Protein Do You Need On A Daily Basis? Montville-Halloween Party Parsippany-Yoga Butler-Eating More Fruits and Vegetables Can Reduce Your Risk For Many Diseases</p>	<p><b>21</b> Mt. Olive-Fruit And Vegetable Storage 101 Roxbury- Tips To Help You Eat Fruits Long Hill-Bingo Denville-Halloween Party Parsippany-Tai Chi Madison-Bingo</p>
<p><b>24</b> Dover-The Super Fruit That Reverses Skin Aging Parsippany-Tips To Help You Eat Your Whole Grains Morristown-What Foods Are In The Protein Foods Group? Long Hill-Top Twelve Brain Superfoods</p>	<p><b>25</b> Rockaway-Top Ten Healthy Ways To Cook Fruits And Vegetables Chester-What Foods Are In The Grains Food Group? Butler-How Much Protein Do You Need On A Daily Basis?</p>	<p><b>26</b> Denville-Diet And Exercise: The Role Of Fruits And Vegetables Mt. Olive-Why Is It Important To Eat Whole Grains? Roxbury-Spinach Is High In Vitamin B Madison-Birthday Celebration</p>	<p><b>27</b> Parsippany-Brighten Your Mood With Apples Montville-Six Ways To Outsmart The Zika Virus Butler-Home Food Safety Morristown-Stop Food Poisoning Before It Starts</p>	<p><b>28</b> Madison-Fruits And Vegetables Provide Fiber That Keeps Your Digestive System Happy Mt. Olive-Vegetarian Choices In The Protein Foods Group Long Hill-Bingo Rockaway-What Counts As Processed Meat?</p>
<p><b>31</b> Parsippany-Eating More Fruits and Vegetables Can Reduce Your Risk For Many Diseases Butler-Halloween Celebration Denville-Sundae Fun Day Mt. Olive-Brussel Sprouts Are A Good Source Of Vegetable Protein</p>	<p><b>MIDDAY FRIENDSHIP ACTIVITIES OCTOBER 2016</b></p>			