



# LUNCH & LEARN

Jersey City Medical Center is excited to offer a monthly series designated to support and educate our community members on various health related topics. Join us for a complementary meal and seminar led by guest experts.

**Free and open to the community**

**3rd Tuesday of each month • 1:00pm-2:00pm**

**Jersey City Medical Center • Conference Room 5**

**355 Grand Street • Jersey City NJ 07302**

**To Register: 888.724.7123**

- **January 15, 2019:** Being a Blood Donor
- **February 19, 2019:** How to live a Heart Healthy Life - Heart Awareness
- **March 19, 2019:** Let's Talk Nutrition - Nutrition Awareness
- **April 16, 2019:** Families on the Spectrum - Autism Awareness
- **May 21, 2019:** Lunch, Learn & Lupus - Lupus Awareness
- **June 18, 2019:** Men's Chat - Men's Health Awareness

For more information, contact Sharnia Williams at  
**201.388.1290 or [Sharnia.Williams@rwjbh.org](mailto:Sharnia.Williams@rwjbh.org)**

**Jersey City  
Medical Center**

**RWJBarnabas  
HEALTH**

Let's be healthy together.

