



Join us for a talk with  
**Finda Kpakiwa**

**Food is Fuel:**

**The importance of a  
healthy and balanced diet**

Sunday May 5th, 2024 2-4pm  
Metuchen Public Library



Join us for a talk with Finda Kpakiwa, a National Academy of Sports Medicine-certified nutrition consultant, who has worked in the fitness and wellness industry for over twenty years. From being able to play with your kids to tackling day-to-day challenges, adopting a healthy lifestyle is not just for outward beauty, it's essential for total mind-body sustainability. With tips from the wealth of information she has gathered through her research and the achievements of her clients, she will show you how to create a balanced diet focused on fresh produce and ways to adopt good habits to help achieve the health and vitality you've been seeking.

*This program is made possible by the support of the Metuchen Farmers Market in conjunction with the Metuchen Public Library. Registration is encouraged. Please scan the QR code or visit [metuchenpubliclibrary.org/calendar](http://metuchenpubliclibrary.org/calendar) to register.*