

Learn How to Make Healthy Summer Meals Without Cooking at Stockton's Manahawkin Site

For Immediate Release

Tuesday, June 28, 2016

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Galloway, N.J. - Learn how to make healthy, delicious summer meals without heating up your kitchen at "Cool Cooking: Stove-Free Summer Meals" on **Tuesday, July 19** at Stockton University's Manahawkin Instructional Site.

Anthony Dissen, a registered dietitian nutritionist and adjunct faculty member at Stockton, will demonstrate how to maximize the flavor and health value of fresh summer produce without a flame in sight.

The public is invited to this fun, free event beginning at 10 a.m. at Stockton's Manahawkin Instructional Site, 712 E. Bay Ave. Light refreshments will be served.

Please call 609-626-3883 to register.

For more information about activities and classes Stockton University's Manahawkin site, visit Stockton.edu/manahawkin.

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