

# NORTH BERGEN FREE PUBLIC LIBRARY

NICHOLAS J. SACCO  
MAYOR

SAI RAO  
EXECUTIVE DIRECTOR

## Fat: Diet Friend, Not Foe

### WHAT YOU SHOULD KNOW



Thursday, October 21, 2021 • 6:30 PM ON ZOOM

JOIN DR. MARIA CHAVEZ-SANTOS FOR A MEDICAL LECTURE ABOUT EATING HEALTHY FATS TO LOSE WEIGHT! DR. CHAVEZ-SANTO IS A PHYSICIAN WITH HACKENSACK MERIDIAN PALISADES MEDICAL CENTER.

[REGISTER AT NBPL.ORG/CALENDAR/](https://www.nbpl.org/calendar/)



Hackensack Meridian  
Palisades Medical Center



North Bergen Free Public Library

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All library programs are ADA-accessible. Special accommodations are available upon request.