



LIVINGSTON
NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES



LIVINGSTON
NEW JERSEY

HEALTH DEPARTMENT

Two Part Series Confused About CBD?



You may have heard of CBD but are unsure of what exactly it is and what it is used for. Cannabidiol also known as CBD is a component of marijuana derived from hemp plants but it does not produce the same effect that marijuana would. Within the US, states have laws that allow the legalization of CBD with various restrictions. Currently people are using CBD in several different forms since it may offer health related benefits. Join us for this two part series to learn more about CBD presented by Lucio Volino, Pharm D, Clinical Pharmacist at Saint Barnabas Medical Center and Clinical Associate Professor at Rutgers University along with student interns.

Part 1: What is CBD?

Thursday, 10/10

1:00 pm

LSCC: lower level

Free-Pre-Registration is required.

Learn more about what is CBD and the various forms of CBD that are available for purchase. Information about how to use CBD safely and what to take into consideration if you decide to purchase any CBD products will be provided.

Part 2: What are the benefits of CBD?

Thursday, 10/17

1:00 pm

LSCC: lower level

Free-Pre-Registration is required.

Join us for this session to learn more about the benefits of using CBD including for pets. Information about medical marijuana will also be provided in this session.

Saint Barnabas | **RWJBarnabas**
Medical Center | **HEALTH**

FREE; pre-registration required online at Livingstonnj.org/SYLS

or in person at SYLS Office, 204 Hillside Ave., M—F, 8:30 am—4:30 pm.

Please call 973-535-7925, option 8 or email lbranquinho@livingstonnj.org