



ShopRite of Clinton
CALENDAR OF EVENTS FOR JULY 2009
Margaret Dobbs, LiveRight with ShopRite™ Merchandiser
Nancy Grospe, R.ph. Pharmacist
For More Information, call 908-730-6800

Live Right at ShopRite

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Perhaps you have questions about medications you are taking or about vitamins and supplements? Margaret and Nancy are here to help you meet your health and wellness goals. Ask for Nancy at the Pharmacy and Margaret at the courtesy counter and we would be more than happy to help you

Check out Margaret's calendar for specific availability.

**July 3
Friday**

Live Right with ShopRite Demo-come and check out some great ideas for your 4th of July picnic.

**July 8
Wednesday**

**ARC Nutrition program
10:00-1:00 pm**

This monthly program has been developed for the ARC associates (caretakers). This month's program will focus on using the USDA's food pyramid (mypyramid.gov) to help you plan a healthy diet

**July 9 & 16
Thursday**

**Live Right with ShopRite Cooking Series presents
"Make your summer sizzle, Mediterranean style"
6 pm – 7:30 pm**

Join us to learn how you can entertain this summer with a healthy and delicious culinary flair. We will journey through the rich lands and sail the sea of the Mediterranean learning about how these foods can enhance our lives.





July 9 & 16
Thursday

This cooking class is schedule in:

Flemington-June 25th 6-7:30 pm
Greenwich-July 9th 6-7:30 pm
Clinton-July 16th 6-7:30 pm

To register for the Clinton or Flemington program, please call The Center for Nutrition and Diabetes management (908)-237-6920.

To Register in Greenwich please call 908-454-8086 and ask for Sheila Suerig, our Live Right Consultant.

July 10, 11 & 12
Friday, Saturday, Sunday

Live Right with ShopRite Demo-“Think about your drink”! Learn how you can stay hydrated without piling on the extra calories this summer

July 14
Tuesday

Let’s go Camping-we will be visiting Union Township camp to do hands-on cooking classes that will teach the campers how they can prepare foods at home that are healthier but still **taste GREAT!**

July 17
Friday

ShopRite Partner’s in Caring Golf Outing-Join us to help raise money for our local food banks. Pick up registration forms at the courtesy counter.

Morgan Hill Country Club 908-730-6800 or 908-730-6555
100 Club House Drive Start Time: 9:00 am
Easton, PA

\$85 per person (includes carts, balls, and lunch). Hole in one give-away, silent auction, and much, much more

July 17
Friday

Blood Drive 10:00 am – 1:00 pm
For more details, ask Nancy Grospe, in our pharmacy
908-730-6555

July 18 & 19
Saturday

Live Right with ShopRite Demo- join us to learn about “Nutrient rich foods,” and how you can begin to incorporate them into your diet.





**July 24
Friday**

Live Right with ShopRite Demo- come learn some great ways to add flavor to your food using great-tasting dips and marinades by Muirhead.

**July 25 & 26
Saturday and Sunday**

Live Right with ShopRite Demo- join us for some delicious and healthy BBQ ideas.

**July 29
Wednesday**

ARC Nutrition program

10:00-1:00 pm

This monthly program has been developed for the ARC associates (caretakers). This month we will be learning how to create healthy and delicious meals plans for people with diabetes.

**July 30 & 31
Thursday & Friday**

Scrunchy's book club-join us in Scrunchy's playhouse for a fun-filled time, reading about healthy foods and trying healthy snacks.

**July 31, August 1 & 2
Friday, Saturday, Sunday**

Live Right with ShopRite Demo - August is National Psoriasis awareness month, come and find out ways to support your immune system and skin.

