



**ShopRite of Clinton**  
**CALENDAR OF EVENTS FOR MARCH 2010**  
 Margaret Dobbs, Live Right 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.**

**March 10  
Wednesday**

**Blood Pressure Screening  
10 am – 2pm**

Know your Numbers! Join us at the blood pressure screening, find out your numbers, get information on maintaining a healthy blood pressure and try some heart healthy snacks.

**March 12  
Friday**

**Scrunchy's book club  
3:30 pm - 4:30 pm**

Moms, bring your kids into Scrunchys for a great story and a healthy treat.

**March 12, 13 & 14  
Fri., Sat & Sun**

**Live Right with ShopRite Demo  
11 am – 3 pm**

Let's celebrate National Nutrition month with some great choices from our Frozen food department. Monitoring our sodium and fat can help reduce our chances of heart disease, diabetes and more.





**March 17  
Wednesday**

**Arc Nutrition program  
10 am – 1 pm**

This monthly program has been developed for the ARC associates (caretakers). This month our participants are going to get heart healthy. They will learn ways to take care of their heart and how to cook heart healthy.

**March 19, 20 & 21  
Fri, Sat & Sun**

**Live Right with ShopRite Demo  
11 am – 3 pm**

Let's celebrate National Nutrition month with some great choices in our dairy department. Monitoring our calcium and Vitamin D intake can help build strong bones, maintain a healthy heart and help with a better mood.

**March 23  
Tuesday**

**Open Arms  
10 am – 11 pm**

We will be talking to our seniors about bone health and the foods that help maintain strong bones.

**March 24  
Wednesday**

**Arc Nutrition program  
10 am – 1 pm**

This monthly program has been developed for the ARC associates (caretakers). This month our participants are going to learn how to plan healthy meals.

**March 26, 27 & 28  
Fri, Sat & Sun**

**Live Right with ShopRite Demo  
11 am – 3 pm**

Let's celebrate National Nutrition month with some great choices in our produce department. Adding fiber, vitamins, minerals and phytochemicals to our diet helps us maintain a healthy weight, prevent disease and supports many body functions.





## UPCOMING EVENTS

**April 8  
Thursday**

**Hot or Not, Spice it up for Health  
6 pm – 7:30 pm**

Join us for our “Healthier for you Cooking series”. We will be showing you how to spice up your food for health and flavor. We will be using spices that are mild and gentle to your taste buds to those that might give you a little glow from their heat. But don’t worry there will be no “five alarm fires”. Also, check out the healthy side of spices, great for your bodies overall health.

Registration will start on March 18, call The Center for nutrition and diabetes management at 908-237-6920.

**These classes will also be held at our:  
Flemington store-Thursday April 15 &  
Greenwich store-Tuesday, April 20**

