



ShopRite of Clinton

CALENDAR OF EVENTS FOR SEPTEMBER 2010
Margaret Dobbs, Health and Wellness Coordinator
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 your family to 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

Check out Margaret's calendar for specific availability.

September 2
Thurs

Hunterdon Developmental Center Health Fair
9 am – 2 pm

We will be joining HDC for a health fair for their associates. FREE bone density screenings and food samples that help keep your bones strong.

For HDC Associates at HDC

Sept. 4
Sat

Porch light project
11 am – 3 pm

Are you familiar with **CFL? (compact fluorescent light bulbs)** Here is your opportunity to learn about them, plus get **a free** light bulb to take home with you. The Porch light project is a national program that educates people on the benefits of CFLs.





**Sept 9
Thurs**

**Open Arms Adult Day Club
10:30 – 11:30**

Fall is in the air which means cool weather, changing leaves and apples. We will be talking to our seniors at Open Arms about how an apple a day keeps the doctor away. If you would like us to speak about apples or any health topic for your group please contact Margaret Dobbs, these programs are free.
For Open Arm members

**Sept 10 & 11
Fri & Sat**

**Live Right Demo
“Back to School”/Childhood Obesity Awareness Month
11 am – 3 pm**

September is Childhood obesity awareness month

Join us in the store to taste great foods to put in your kid’s lunchbox
Open to public

**Sept 14
Tues**

**Partners in Caring 2nd Annual Golf Outing
7 am – finish**

Sign up for our Golf outing held at Beaver Brook Country Club. The proceeds go to our Partners in Caring program which raises money for the area food banks.

To sign up call the store and speak to Debby Glen at 908-730-6800.

**Registration required
Fee: \$115.00**

**Sept 15
Wed**

**Free Cholesterol Screening
10 am – 2 pm**

HDL, LDL, TRICLYCERIDES-WHAT DOES IT ALL MEAN?

Join us at ShopRite for a free cholesterol screening and learn about how to have healthy cholesterol levels. You can also try samples of heart healthy foods.

Open to the public





Sept 17
Thursday

**Senior Health Fair at Our Lady of Lourdes Church
Route 523, Whitehouse NJ
9 am – 12 pm**

Join us at this senior health fair sponsored by Hunterdon health Senior services. This health fair includes blood sugar screenings, urinalysis screenings, blood pressure checks and health vendors plus much more. **ShopRite** will be offering

related
bone density

screenings and sampling calcium rich foods.
Open to Adults 50+

Sept 18
Sat

**PAD Health fair at Hunterdon Medical Center
9 am – 1 pm**

Do you have or know someone who has Peripheral Artery Disease? Then join us at Hunterdon Medical Center where we will show you the foods available at ShopRite to help lower your cholesterol and help support the maintenance of your PAD.

Open to the Public

Sept 19
Sun

**Live Right Demo
1 – 4 pm**

Join us to learn about heart healthy foods at ShopRite.

Open to Public

Sept 24
Friday

**Blood Drive at ShopRite
10 am – 1 pm**

Every minute of every day, **someone needs blood**. Currently only 3 out of every 100 people in America give blood. Blood can only come from one place, volunteers like you. Please choose to **donate** and save a life.

By Appointment only, sign up at the Pharmacy

