



ShopRite of Clinton

CALENDAR OF EVENTS FEBRUARY 2012



Margaret Dobbs, Health and Wellness Coordinator
Nancy Grospe, R.ph. Pharmacist
For More Information, call 908-730-6800

Health and Wellness 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 Dobbs is a chef and a graduate of the Culinary Institute of America and a certified nutritional counselor. Nancy R. PH. is a registered pharmacist and is a graduate of Rutgers University. We are here to help you meet your health and wellness goals. Ask for Nancy at the Pharmacy and Margaret at the courtesy counter



February 3 & 4, Fri & Sat

Live Right demo Super Foods for the Super Bowl

Join us in the store and check out some great foods that you can enjoy for the Super bowl. Super foods that will keep you going during the Super bowl and beyond.

Open to the public

February 7, Tuesday

Open Arms Day Club 10 – 12

This is a hands on class with our seniors; this month we will talk about red foods for a healthy heart.

For Open Arms participants

February 9, Thursday



Women's Wellness Group 6 – 7:30 pm

Join us once a month and let us answer the questions you may have on your health. We will explore new foods that will support our wellness and we will have guest speakers with information on all aspects of our health such as menopause, losing weight, heart health, reversing the aging process. Sign up at courtesy or see Margaret Dobbs.

Open to public





February 11, Saturday

**Hunterdon Medical Center health fair 8 am – 11
Your Heartbeat to great Health**

Hunterdon Medical Center will host a heart health screening and education fair. The event will include a fasting lipid glucose test, cardiovascular risk assessment, a Zumba class, Vinyasa Yoga class + much more. Come by and visit **ShopRite** and learn about all the **heart healthy foods** ShopRite carries for you.

Open to the Public

February 11, Saturday



**Health screening for Antioxidant levels by Lori Serra, N.D.
2 pm – 4 pm**

Join us in the store by register 16 and check out how well you are doing with incorporating fruits and vegetables into your diet. Yes this screening actually tests the level of certain antioxidants in your body. Antioxidants are known to help reduce the risk of some diseases.

\$5.00 fee

Open to public

February 14, Tuesday



**Free Blood pressure health screening
10 am – 2 pm**

Join us in the store by register 16 for a free blood pressure screening. Do you know your numbers? If not or would like to check up on them then stop by for the free screening and check out some great treats for Valentine's day and your heart

Open to Public

February 14, Tuesday



**Health screening for Antioxidant levels by Lori Serra, N.D.
2 pm – 4 pm**

Join us in the store by register 16 and check out how well you are doing with incorporating fruits and vegetables into your diet. Yes this screening actually tests the level of certain antioxidants in your body. Antioxidants are known to help reduce the risk of some diseases.

\$5.00 fee

Open to public

*Please note event dates, times and details subject to change





February 18, Saturday



Live Right Demo/Culinary workshop area
Have a healthy heart
11 am – 3 pm

Join us in the store and find out about some great foods available Right here at ShopRite that can help you maintain a strong heart.
Open to the public

February 21, Tuesday

Take Control Store Tour
6 – 7 pm

This program is run at the Hunterdon Wellness Center for Weight management. They will be joining us to take a walk through the store to see all the foods that will help them with their goals.

Open to public

February 22, Wednesday

Healthy Shopping talk
A night with the Lion's Club
7 – 8 pm



We will be joining the women at the Lion's club to give them some great tips for a healthier shopping experience.

February 23, Thursday



Live Right Cooking class
Eating for your heart's sake
6 – 7:30

Sign up for this exciting cooking class that will show you some great cooking techniques like en papillote, braising and more...that are not only easy but heart healthy.
Sign up at Courtesy - \$20.00 Fee

February 24, Friday

Getting a petal for healthy eating – daisy troupe store tour
3:45 – 4:45 pm

We will be showing the girls some of the healthier aspects of eating. They will learn how prepare a healthy snack and also help mom make some better choices for meals.

For Daisy Troup

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February 25, Saturday



Live Right Kids Event 11 am – 3 pm

Children of all ages join us in this fun event held right here at the store. This is an opportunity for our kids to learn about the importance of these foods but also learn some great culinary skills that will help them incorporate these foods into every day. Hey don't forget your chef hat!!
Open to public

February 27, Monday

**Hunterdon Chamber Radio
In the Aisles with Sue
12 – 1**

Listen to Sue, Sheila and I on hunterdonchamberradio.com, we will be giving you tips on how to eat and shop healthier.

February 27, Monday

Scrunchy's Munchies 3:30 – 4 pm





Hey Scrunchy kids – join us in Scrunchys for a free hands-on demo, get a recipe, make your snack and give it try. Now you're cooking!

*Please note event dates, times and details subject to change





**Margaret Dobbs
Health and Wellness Coordinator
Health and Wellness Calendar**

~February~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 off	2 8 – 4:30	3 8:30 - 5	4 8:30 - 5
				Specialty Food show	Live Right Demo 11 - 3	Live Right Demo 11 - 3
5 off	6 8:30 - 5	7 8:30 - 5	8 8 – 4:30	9 11:30 - 8	10 off	11 7 – 4:30
Super Bowl	Available for free store tours for any of your health needs	Open Arms 10 - 12	Nutrition User Group 8 – 2:30	Women's Wellness Group 6 – 7:30 pm Sign up at Courtesy		Hunterdon Medical Center Heart health fair 8 – 11 am Antioxidant screening 2 – 4 pm
12 8:30 - 5	13 8:30 - 5	14 8:30 - 5	15 off	16 8 – 4:30	17 off	18 8:30 - 5
Live Right Helping hands 	Live Right Helping hands 	Free blood pressure screening 10 – 2 pm Antioxidant Screening 2 - 4		Young Consumers (Greenwich)		Live Right Demo 11 – 3 
19 off	20 off	21 11:30 - 8	22 12:30 - 9	23 11:30 - 9	24 8:30 - 6	25 8:30 - 4
		Take Control Store tour 6 – 7:30	Lion's Club Healthy shopping Talk 7 – 8 pm	Cooking class Cooking for your heart's sake 6 – 7:30	Daisy Troup Healthy Eating Petal 3:45 – 4:45	Live Right Kids Day Event  11 - 3
26 off	27 8:30 - 5	28 8:30 - 5	29 off			
	Hunterdon Chamber Radio 12 – 1 pm Scrunchy's Munchies 3:30 – 4		<p align="center"><u>Live Right</u> <u>Woman's Wellness Group</u> Join us once a month and let us answer the questions you may have on your health. We will explore new foods that will support our wellness and we will have guest speakers with information on all aspects of our health such as menopause, losing weight, heart health, reversing the aging process. Sign up at courtesy or see Margaret Dobbs</p>			