



**Miller Farms Family Markets  
ShopRite of Enfield, CT**  
LIVERIGHT CALENDAR OF EVENTS  
FEBRUARY 2012



**Michelle Mattia, RD, CDN, CSCS**  
**Retail Dietitian**  
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Do you have nutrition questions, need menu ideas, or just want tips for helping the family live a healthier lifestyle? Michelle can help you meet your health and wellness goals. Ask for Michelle at the courtesy counter and we will be more than happy to assist you. **Please call or email Michelle for scheduling information or a FREE appointment.**

**February Theme:  
Heart Health Month!**

- Fri, 2/03**                    **12:00-2:00pm “Go Dark for a Healthy Heart!”**  
Visit Michelle to sample some delicious DARK chocolate samples and learn about the many benefits for a heart healthy!
- Tue, 2/07**                    **12:00-2:00pm “LiveRight Series: How Do I Eat That? Mango”**  
Try this tropical fruit in a sweet and savory mango salsa prepared by Michelle. Learn about the nutritional benefits of this fruit as Michelle dishes up some delicious recipes featuring mango.
- Tue, 2/14**                    **4:00-8:00pm “Blood Pressure Screening”**  
Take care of your heart this Valentine’s Day. Visit Michelle’s booth for a FREE blood pressure screen as well as heart health literature.
- Tue, 2/21**                    **1:00-2:00pm “Windsor Senior Center Diabetes Store Tour”**  
A group of seniors will join Michelle for a private Diabetes store tour to help shop for their dietary needs.
- Sun, 2/22**                    **10:00-11:00am “Balanced Nutrition for a Health Newborn: Enfield Women’s Health”**  
Michelle will be visiting a local OBGYN office to teach Mom’s-To-Be about proper nutrition for a healthy newborn.
- Sat, 2/25**                    **11:30am-1:30pm “LiveRight with ShopRite Kids Event”**  
Stop by the store to pick up heart-healthy coloring sheets, tasty samples and coupons for the whole family.
- Time/Date TBD**            **“Grocery Store Shopping Tours”**  
Do you need help shopping for “healthy” options for the Superbowl or a dinner party for a friend with food allergies? Sign up for your private store tour anytime during the month of February to make shopping an easier trip! Contact Michelle directly.

**\*Attention Associates!** Michelle will be joining many of the Annual Meetings and will be promoting a Wakefern initiated Health & Wellness Program for 8-weeks with incentives and health tips along the way. See Michelle or Trish in the HR Department for more info or to sign up. Weigh-in’s and other baseline measurements will be taken in late February as well!

