



ShopRite of Flemington Live Right Calendar of Events September 2010

SUSAN LANG-SAPONARA, RD

**Your very own registered dietitian, offering Free Nutrition Store tours
and Private Sessions**

Kristin Santana, RPH

**We offer a full service pharmacy with a supervising pharmacist on duty
all day**

FOR MORE INFORMATION, CALL 908-782-2553

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? Our registered dietitian and our pharmacists are here to help you meet your health and wellness goals. Yours free from your ShopRite of Flemington.

**Sept 1st
(Wed)**

**Planning and meeting your Nutrition Goals
NORWESCAP, Flemington**

12:30am to 2:00 pm

Women from the career and life transitions program will learn how to eat to maximize health and how to set nutrition goals for themselves and their families.

**Sept 3rd & 4th
(Fri & Sat)**

**LiveRight Product Demo
ShopRite of Flemington, NJ**

11:00am to 3:00 pm

Come and sample delicious and healthful foods for your Labor Day weekend.

**Sept 7th
(Wed)**

**Heart Healthy Store Tour - Part 2
ShopRite of Flemington, NJ**

6:30pm to 8:00 pm

Members of the Hunterdon Medical Center's Cardio Pulmonary Rehab program will join us for our Healthy shopping part 2 store tour. We'll find great tasting healthy foods in our aisles and sample some at the end.

Sept 10th
(fri)

Free Cholesterol Screening
ShopRite of Flemington, NJ
10:00am to 2:00 pm

Join us for free cholesterol screening. Meet our Registered pharmacist available to answer any questions you may have. Come talk with Sue, our Registered Dietitian to plan foods to help you lower your cholesterol and keep you in good health. Enjoy our wonderful display of foods to help improve your cholesterol levels. Free samples provided.

Sept 14th
(Tues)

“You Really Can Afford to Eat Organically!
Maximize your Dollar and Your Health”
Personal Best Fitness Inc., Flemington
7:00pm to 8:00 pm

Members will learn how to buy organic on a budget, what makes a healthy diet and how you can make eating healthy a reality.

Sept 15th
(Wed)

Latino Well Clinic
Sand Hill Office of Hunterdon Pediatrics
9:00am to 12:00 pm

A well child clinic open to the Hispanic community. For more information call 908-782-6700.

Sept 15th
(Wed)

Back to School Night – Healthy Eating
Des Mares Elementary School, Flemington
6:00pm – 8:30 pm

Parents will have the opportunity to see and sample a delightful array of healthy snacks/foods, pick up lists of brain building nut free snack & lunch options for their kids to enjoy in school, and to get answers to their nutrition Questions from Sue, our very own registered dietitian here at the ShopRite of Flemington. ***If you'd like sue to come to your child's school call (908)782 – 2553 and ask for Sue.***

Sept 17th & 18th
(Fri & Sat)

LiveRight Product Demo
ShopRite of Flemington, NJ
11:00am to 3:00 pm

Come and sample delicious and healthful foods.

**Sept 19th
(Sun)**

**Colalillo ShopRite 15th Annual 5K Walk & Run
for NORWESCAP**

Deer Park Path Y – Flemington, NJ

9:30 am

Come walk or run for hunger on this lovely cross country trail. Awards will be given for the top walkers and runners in various age groups. All proceeds go to NORWESCAP Food Bank.

**Sept 20th
(Mon)**

Healthy Bones/ Healthy Eating for Seniors

ShopRite of Flemington

9:30 – 11:00am

Seniors from the Healthy Bones program will come and learn about all the food solutions that we have here in our aisles at the ShopRite of Flemington. Food samples provided.

**Sept 20th
(Mon)**

Scrunchy's Book Club

Scrunchy's Play House

ShopRite of Flemington

4:00pm –4:30 pm -

Children will listen to Mr. Floop's Lunch, by Matt Novack. Afterward, we'll use a real food display to learn about the food pyramid and where foods come from. Reading and activities by Susan Lang-Saponara, R.D.

**Sept 21st
(Tues)**

Heart Healthy Store Tour - Part 2

ShopRite of Flemington, NJ

10:00am to 11:30 am

Members of the Hunterdon Medical Center's Cardio Pulmonary Rehab program will join us for our Healthy shopping - part 2 store tour. We'll find great tasting healthy foods in our aisles and sample some at the end.

**Sept 21st
(Tues)**

"Organic Foods Store Tour"

ShopRite of Flemington

7:00pm to 8:00 pm

Members of Personal Best Fitness Inc., Flemington will learn how to buy organic on a budget, and how to shop for healthy foods on this organic foods store tour. This event is open to all shoppers. Please call Sue for details at: (908)782 – 2553.

Sept 23rd
(Thurs)

“Organic Foods Store Tour”
ShopRite of Flemington
10:00am to 11:00 am

Members of Personal Best Fitness Inc., Flemington will learn how to buy organic on a budget, and how to shop for healthy foods on this organic foods store tour. This event is open to all shoppers. Please call Sue for details at: (908)782 – 2553.