



ShopRite of Greenwich Calendar of Events for March 2010

Sheila Suerig, LiveRight with ShopRite™ Consultant

For More Information, call 908-454-8086

Offering Free Nutrition Store Tours and Private Sessions

Peter Fares, RPH, call 908- 454-7553

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

- March 3rd, Wednesday Join Dr. Frank Lombardi@ Warren Hospital Health & Wellness Center for a free talk on causes, prevention and treatment of depression . 10:30am to 11:30am. Call 908 859-8833 to register.
- March 4th, Thursday Young Consumers Nutrition Lessons at Holland School, 9am-12pm
- March 4th, Thursday Brownie Troop Healthy Store Tour, 4pm – 5pm
- March 5th, 6th & 7th
Friday-Sunday **Live Right with ShopRite Demo**
Delicious & healthy foods to sample from 11:30am to 2:00pm
- March 6th, Saturday Colossal Colon Event at Hunterdon Medical Center, 10am-2pm
- March 10th, Wed. Red Hat Ladies, Lecture on Heart Healthy Diets @ Phillipsburg Library, 1:00pm to 1:30pm.
- March 10th, Wed. **Celiac Support Group Meeting** at Warren Hospital - Farley Room
If you have celiac disease and need to avoid gluten, please join us for this **FREE** informative meeting from 7:30 pm to 9 pm.
- March 12th, 13th & 14th
Friday-Sunday **Live Right with ShopRite Demo**, 11:30am-2:00pm
Delicious foods to sample and informative health tips.
- March 15th, Monday Raritan Flemington Intermediate School, presentation to 3 health Classes on Healthy Eating with the Food Pyramid Guidelines
- March 16th, Tuesday Biggest Loser Contest Begins, 2nd contest, Weigh-In & Nutrition Class





- March 18th, Thursday Nutrition Store Tour, Daisy Troop, 9am- 10:30 am
- March 19th, 20th & 21st **Live Right with ShopRite Demo**, 11:30am-2pm
Healthy foods to sample & informative tips.
- March 22nd, Monday Raritan Flemington Intermediate School, presentation to 3 health
Classes on Healthy Eating the Food Pyramid Guidelines
- March 23rd, Tuesday Diabetes Alert Day- Kicking the Sugar Habit, Lecture & Lunch in
Greenwich Conference room with Kathy Decker, R.D. from Warren Hosp.
11:30am to 1pm, Limited Seating, call 908 859-8877 to register.
- March 24th, Wednesday Young Consumers from Holland School-Shopping Trip, 9am-12pm
- March 24th, Wednesday "Gut Reactions" Talk- How to avoid heartburn, indigestion, ulcers, irritable
Bowel syndrome, constipation and colon cancer. At Warren Hospital
7pm-9pm with Dr. Jane Park & Dr. Kaza. Call 908 859-8877 to register.
- March 26th, Friday **Scrunchy's Playhouse Book Club** – 11:30am
Children will listen to food stories and sample
nutritious snacks. **Please advise us of any food allergy**
- March 26th, 27th & 28th **Live Right with ShopRite Demo**, 11:30am-2pm
Friday-Sunday
Healthy Foods to sample & informative tips
- March 30th, Tuesday **Diabetes Support Group Meeting**
Warren Hospital-Farley Room, 3pm to 4:30pm
Free support group for diabetes; all ages welcome
- March 30th, Tuesday Phillipsburg Middle School Health Fair, ShopRite Table, 5:00pm -7:00pm
- March 31st, Wednesday Young Consumers Nutrition Lessons at Pohatcong School, 1pm-3pm

