



**ShopRite of Greenwich**  
**Calendar of Events for November 2009**  
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

November 1<sup>st</sup>  
Monday

**Live Right with ShopRite Recipe Demo**

Delicious & simple recipes to sample 11:30am to 3:00pm

November 6, 7 & 8<sup>th</sup>  
Friday-Sunday

**Live Right with ShopRite Recipe Demo**

Delicious & simple recipes to sample 11:30am to 3:00pm

November 11<sup>th</sup>  
Wednesday

**Celiac Support Group** 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.

November 12<sup>th</sup>  
Thursday

**Free Live Right Cooking Class**, Diabetic theme from 7pm to 8:30pm, K.I.S.S- Keep it Simple & Sweet. Come join us for desserts and learn how To portion out your carbohydrates each day so you can enjoy sweets. Class will be presented in our Flemington store.

November 14<sup>th</sup>  
Saturday

**Diabetes Event.** Learn to live with diabetes. Discover simple and easy Changes you can make that will have a positive influence on your life An information table & samples will be set up in front of pharmacy from 10:30am to 2:30pm





November 13, 14, 15<sup>th</sup>  
Friday-Sunday

**Live Right with ShopRite Recipe Demo**, 11:30am-3:00pm  
Delicious Recipes to sample and learn about new products.

November 16<sup>th</sup>  
Monday

**Free Glucose Screening** with Maximum Health from 10am-2pm.  
We will have a table with information on diabetes management, nutrition, Recipes, shopping tips and more. Food samples will be provided.

November 20<sup>th</sup>  
Friday

**Scrunchy's Playhouse Book Club** – 11:00am  
Children will listen to a nutritional story and sample related snacks. Please advise us of any food allergy

November 24<sup>th</sup>  
Tuesday

**Diabetes Support Group Meeting**  
Warren Hospital-Farley Room-3pm to 4:30 pm  
Free support group for anyone who would like to learn more about diabetes.  
All ages are welcome.

November 27,28,& 29<sup>th</sup>  
Friday-Sunday

**Live Right with ShopRite Recipe Demo**, 11:30am-3:00pm  
Delicious Recipes to sample and learn about new products

