



ShopRite of Greenwich Calendar of Events for September 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

- September 1st, Wed. **“Commit to Be Fit” Healthy Store Tour** with Hunterdon Medical Center Employees, from 5:30 to 6:45pm
- September 3rd & 4th
Friday and Saturday **Live Right with ShopRite Demo-** Back to School Smart Snacks
Delicious & kid friendly snacks to sample from 11:30am to 2:00pm
- September 8th Wed. **Celiac Support Group Meeting** at Warren Hospital - Farley Room
If you have celiac disease or gluten intolerance & need to avoid gluten, please join us for this free informative meeting, 7:30 to 9pm
- September 10th & 11th
Friday and Saturday **Live Right with ShopRite Demo-** Childhood Obesity Awareness
Educate parents & caregivers on proper portions, healthy snacks, review the amount of sugars in beverages & offer lunch box ideas
Visit the Live Right with ShopRite kiosk area from 11am to 3pm.
- September 18th & 19th **Live Right with ShopRite Demo-** Build & Maintain Healthy Bones
Sample foods high in calcium & vitamin D, from 11:30am to 2:00pm
- September 20th, Monday **Second Annual Charity Golf Outing** to benefit Partners in Caring
Bethlehem Golf Club, Bethlehem, PA
Includes 18 hole golf scramble, cart, continental breakfast, lunch & Complimentary gift bag. Please call Rob Evans or Sheila Suerig at (908) 454-8086 to register or to sponsor this event.
Fee-\$100 per golfer
- September 23rd, Thurs. **Scrunchy’s Playhouse Book Club Reading**, 11:30am-Noon.
Children will listen to food stories and sample nutritious snacks.
Please advise us of any food allergies.
- September 25th, Saturday **Greenwich Community Day**, Greenwich Park, Stewartsville
9am to 3pm. Visit our ShopRite table and meet Sheila, our Health & Wellness Coordinator





Sept 25th & 26th **Live Right with ShopRite Demo**, 11:30am-2pm
Saturday and Sunday Sample delicious and healthy foods

September 28th, Tuesday **Diabetes Support Group Meeting** held at ShopRite this month.
FREE program 3 pm
Meet at our store to take part in a Diabetic Friendly store tour
Learn about healthy food choices & proper label reading.
This is support group for any one affected by diabetes; all ages welcome

September 28th, Tuesday **FREE Cholesterol Screening**, 10am to 2pm, in front of Pharmacy.
“You can’t see cholesterol. It doesn’t have any symptoms, but it is a major risk factor for heart disease”. The more you know, the more you are in control. In order to better educate our consumers. We have developed a Cholesterol Education Event.
Stop in for a free cholesterol reading with our staff & Maxim Health Nurse. Sample Heart Healthy foods, receive a Heart Healthy Shopping List, and sign up for a free, personalized heart healthy Store tour with Sheila Suerig, ShopRite’s Health & Wellness Coordinator.

