



ShopRite of Greenwich
LIVE RIGHT CALENDAR OF EVENTS
FEBRUARY 2012



Sheila Suerig, Health & Wellness Coordinator
For More Information, call (908) 454-8086 ext 205

Do you have nutrition questions, need menu ideas, or just want tips to help yourself and family eat better? Visit Sheila in the Live Right Section. She will be happy to assist you!

Sheila Suerig has worked in nutrition & weight loss for over 5 years at the ShopRite of Greenwich Township and formerly Weight Watchers International. She is a graduate of Rutgers University with a degree in Marketing and Advertising. If you are looking to lose weight, get more active and learn how to live a healthier life see Sheila for a free individual or family consultation.

February 1st, Wednes. ShopRite Private Label Healthy Breakfast Ideas, 8am-10am
Join Sheila, your Health & Wellness Coordinator, for some delicious & simple breakfast ideas for you & your family. See how easy and affordable it is to shop with us here at the Greenwich ShopRite.

February 3rd, Friday



Go Red “National Wear Red Day”, 2pm - 4pm
Wear red and help support the American Heart Association to raise awareness for heart disease. Come learn how to reduce the risk of cardio vascular disease. Free Blood Pressure screening provided by Warren Hospital.
Stop by to meet Sheila, your free Nutrition Health & Wellness Consultant. Sample some heart healthy foods and purchase a “Go Red” pin to help fight Heart disease.

February 6th, Monday

Revitalize your Resolutions, 12pm – 3pm
Meet up with Sheila, your health & wellness consultant, at the Greenwich ShopRite for a free consultation and solutions on how to keep on track with losing weight. Take a free store tour of key departments including produce, seafood, dairy, frozen, grocery and Live Right. Set up meal ideas & menus.

February 7th, Tuesday

“Growing A Potato Plant from ShopRite Potatoes”, 4pm-5pm
Please contact Sheila, your Health & Wellness Consultant, if you would like your children to join in this Scrunchy’s event. Space is limited and consent forms are required.

February 8th, Wednes .

Celiac Support Group Meeting at Warren Hospital, 7:30pm-9pm
If you have celiac disease or gluten intolerance and would like free information, please join our group. **Plus, sign up for a “gluten-free” store tour with Sheila at the Greenwich ShopRite.**

February 11th, Saturday “Cut Calories Not Taste” Demo, 1pm - 3pm

Join Sheila as she samples some thick & creamy Greek non fat yogurts. Learn how to substitute Greek yogurt into many recipes. Free recipe cards.

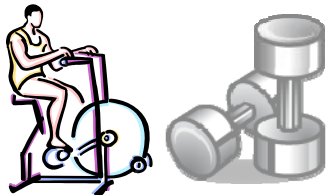


February 14th, Tuesday “February is American Heart Month”, LiveRight Health Event, 10am-2pm



“Your Heart..Your Choice”. Improving lifestyle habits can help reduce the risk of cardiovascular disease. Join us to learn how easy and delicious healthy living can be. Meet Sheila and a registered nurse for free blood pressure screening, educational material and tastings.

February 17th, Friday



Exercise Tips with Club Metro, 12pm-3pm

See Sheila, your Live Right Consultant & Tony, Club Metro’s trainer, to learn how easy it is to do free weights & cardio! Fit activity in every day & stay on track with your New Year’s resolutions. “ Just Do It!”

February 19th, Sunday

Live Right Kid’s Event, 11am- 3pm

Bring your children and take part in this fun kid’s event with Sheila, your Health & Wellness consultant. The event includes games & tasting ShopRite snacks. Receive a free product sample, recipes, stickers and parent letters with recipe ideas & coupons.

February 20th, Mon.

Scrunchy’s Book Club, 12pm – 12:30pm

Children will learn about nutrition during this fun monthly reading and sample healthy snacks with Sheila. Please advise us of any food allergies.

February 21st, Tuesday “Mardi Gras,’ Low’ Fat Tuesday” , 11am-3pm

Get your party attire on & stop in for some Mardi Gras Punch & salad. Find out how to lighten up those New Orleans recipes with Sheila, your health & wellness coordinator.

February 24th, Friday

Fabulous Five on Friday, 10am-2pm

Meet up with Sheila, your free nutrition consultant for just 5 minutes to taste 5 new fruits & vegetables and find out why they are so important to include in your daily diet.

February 27th, Monday “In The Aisles” Internet Radio with Sheila, Sue & Margaret of Hunterdon County ShopRites, 12pm-1pm

Visit <http://www.hunterdonchamberradio.com> & click on “listen now” to hear the latest nutrition news from the aisles. Sue will be hosting this informative radio show every Monday at noon. Listen for great meal and snack solutions for you and the whole family, learn about all the great specials on healthy items in our aisles, get new ideas for recipes, keep up with the latest nutrition information, enjoy guest speakers, and more.. just listen in

February 28th, Tues.

Diabetes Support Group Meeting @ Warren Hospital, 3pm - 4pm

Please join us for this free, informative meeting. New topics discussed each month. The group is led by Sue Himmelreich, MSN, RN. and healthy Diabetes- friendly foods are reviewed and sampled by Sheila Suerig, Health & Wellness Coordinator from the Greenwich Township ShopRite.

*Please note event dates, times and details subject to change.



**Sheila Suerig
Health & Wellness
Coordinator
ShopRite of Greenwich**

February 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ShopRite Private label demo, 8am-10am 10-6:30	2 Wakefern Specialty Grocery Show 7:30-4	3 GO RED CAMPAIGN 2-4pm 7:30-4:30	4 Off
5 Off	6 Revitalize your Resolutions 12-3pm 7:30am-4pm	7 Plantings in Scrunchy's 4pm-5pm 7:30am-5:30pm	8 Wakefern Mtg 8-4:00 Celiac Support Group Mtg 7:30p	9 off	10 Company Mgmt Meeting, 9am 8am-2:30pm	11 Yogurt Demo 1-3pm 7:30am-3:30pm
12 off	13 off	14 Valentine's Day Blood Pressure Screening, 10am-2pm 7:30am-4pm	15 10-6:30	16 Young Consumer's Lesson, 10:30 & 1:30pm 7:30-4	17 Exercise Tips 12-3pm 7:30-4	18 Live Right Food Demo, 11-3 8-4
19 Live Right Kids Event, 11am-3pm 7:30-3:30pm	20 Scrunchy's Book Club, 12pm-12:30pm 7:30-4	21 Mardi Gras- Low Fat Tuesday 11am-3pm 7:30-4	22 Off	23 Go Green Mtg 11am 7-3:30	24 Fabulous Five Demo, 10am-2pm 8:30-5pm	25 Personal Day

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 off	27 Radio Show Hunterdon Chamber, 12pm-1pm 3 store Go Green Mtg 2pm	28 Young Consumers & Diabetes Support Group Mtg, 3pm 7:30-4:30pm	29			