



ShopRite of Hamden
LiveRight with ShopRite Calendar of Events
Lisa Bishop, MS, RD, CDE
For More information, call 203-230-8019
February, 2012 American Heart Month

February 2
Thursday

3:00pm-7:00pm Dark Chocolate for a Healthy Heart

Did you know that dark chocolate has antioxidants that are good for your health? Come in and try some dark chocolate and do your body some good.

February 11
Saturday

10:00am-2:00pm Free Blood Pressure Screening

It is always important to know your blood pressure numbers. Come in for a free blood pressure by a trained health professional, get printed health information and speak to the Registered Dietitian.

February 16
Thursday

3:00pm-7:00pm Heart Health Month

Come in and get some information from the Registered Dietitian about keeping your heart in the best shape that you can.

February 23
Thursday

3:00pm-7:00pm Good Fats/Bad Fats

Learn the difference between a heart healthy fat and a not so good fat. Ask Lisa how the "good fat" fit into your daily diet.

