



ShopRite of Hamden
LiveRight with ShopRite Calendar of Events
Lisa Bishop, MS, RD, CDE
It's Cholesterol Education Month !
For More information, call 203-230-8019

September 2
Thursday

9:30am-3:30pm Crusaders Against Cholesterol
September is Cholesterol Education Month. Come find out which Foods actually help reduce blood cholesterol

September 3
Friday

10:00am-2:00pm Cholesterol Screening Event
Get your cholesterol tested in-store, free-of-charge, by a Registered Nurse. Plus, discuss dietary factors that affect blood cholesterol and get a "Heart Healthy Shopping List" from a Registered Dietitian.

September 9
Thursday

9:30am-3:30pm First Day of Rosh Hashanah
May you have a sweet new year. Come in for a recipe for holiday apple cake.

September 16
Thursday

9:30am-3:30pm Healthy Aging
Learn about what antioxidants can deter against chronic diseases. Pick up healthy recipes high in these nutrients.

September 23
Thursday

9:30am-3:30pm Celebrating Fall Harvest with Apples
Learn about the beneficial phytochemicals in apples and how they can affect your health. Come in to pick up some interesting cooking ideas.

