



ShopRite of Medford LIVE RIGHT CALENDAR OF EVENTS JULY 2009

Meghan Modica, R.D.
Lisa Kress, R.Ph. Pharmacist
For More Information, call 609-953-7700



Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Perhaps you have questions about medications you are taking or about vitamins and supplements? Meghan and Lisa are here to help you meet your health and wellness goals. Ask for Lisa at the Pharmacy and Meghan at the courtesy counter and we would be more than happy to help you.

Stop by Meghan's office, located next to the pharmacy or call her at 609-953-7700 Ext 7.

**July 2, 9, 16, 23, 30
Thursday**

Kid's Healthy Cooking Camp 11:00am-12:30pm Culinary Workshop
Fun, hands-on, and educational! Our Healthy Cooking Camp is taught by our Registered Dietitian, Meghan Modica. Healthy, delicious recipes based on the My Pyramid food groups will be prepared. Each session your child will be learning about nutrition! For ages 7-12.

- Camp Schedule**
- 6/2- Go With the Whole Grain
 - 6/9 - Vary your Veggies
 - 6/16- Focus on Fruit
 - 6/23- Calcium-Rich Foods
 - 6/30- Go Lean with Protein

Cost
\$10 per class OR \$40 for all 5
\$2 for apron (optional)

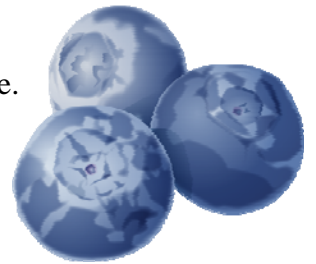




July 21, Tuesday

Snack Attack! Medford Library 7-12's 3:30pm

Meghan will be preparing a delicious blueberry filled snack and Blueberry Girl by Neil Gaiman will be read for story time.



July 23, Thursday

Snack Attack! Medford Library 4-6's 2pm

Meghan will be preparing a delicious blueberry filled snack and Blueberries for Sal by Robert McClosky will be read for story time.

July 3, 10, 31 Friday

Don't Wait to Hydrate! 11-1pm

Stop by ShopRite of Medford for some great summer hydration tips with Meghan. She'll be sampling healthy, refreshing ways to keep you and your family cool this summer. Whether it's an icy treat, fruit filled salad, or a way to rethink your drink, you won't want to miss this!

