



ShopRite of Monroe LIVE RIGHT CALENDAR OF EVENTS NOVEMBER 2009

**Laura Ronen, MSRD, CDE
For More Information, call 845-783-3416**

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Laura is here to help you meet your health and wellness goals. Ask for Laura at the courtesy counter and we would be more than happy to help you.

November 3, Tuesday

MWMS Nurses Presentation 10:30-12:00pm
Laura will be presenting on women's health

November 4, Wednesday

Monroe Senior Center 10:00-1:00pm
Laura will present "Healthy Cooking for One"

November 5, Thursday

Healthy Thanksgiving 11:00-1:00pm
Join Laura as she prepares and samples a delicious, healthy recipe to share with your guests this holiday. Get ideas to make holiday fare "lighter"

November 6, Friday

Girl Scouts Healthy Store Tour 3:15-5:00pm
Girl Scouts will participate in a store tour, learn more about healthy shopping and get tips to adjust a recipe to make it healthier.

November 8, Sunday

The Weight Loss Solution Expo 9:00-5:00pm
Anthony's Pier 9
ShopRite is proud to be participating in the Hudson Valley's first annual weight loss expo. For more information, please call 565-3390.





November 9, Monday

Body Fat Analysis 10:00-12:00pm

Find out your percentage of lean body mass as well as body Mass Index (BMI) with this simple test. Get tips to cut back on dietary fat and calories.

November 12, Thursday

Right for Tonight 11:00-1:00pm

Come in and sample this week's healthy and delicious recipe.

November 13, Friday

Free glucose screening 10:00-2:00pm

In order to raise awareness of Diabetes Awareness Month in November, ShopRite of Monroe will be hosting a free glucose screening. Find out if your number is within the normal range and learn more about prevention. Sample diabetic products and get more information from Laura Ronen, certified diabetes educator and registered dietitian.

November 17, Tuesday

MWMS Home Economics class Store Tour

Students from Monroe Woodbury Middle School will be learning how to shop for healthy foods, select the best produce and prepare a healthy snack.

November 18, Wednesday

**Smith Clove Park 7:30-9:00pm
"Eating Healthy with Diabetes"**

Laura will be discussing the guidelines of a healthy diabetic diet and demonstrating a healthy holiday recipe makeover.

November 19, Thursday

Middletown Health Fair 11:00-3:00pm

ShopRite will be hosting a table to provide health and nutrition information to Middletown city workers.

November 20, Friday

Seafood Made Simple 12:00-2:00pm

Are you looking for a light and healthy dinner idea? Why not try seafood tonight? Join Laura as she prepares a simple and delicious entrée that you can try at home.

November 23, Monday

Right for Tonight 11:00-1:00pm

Come in and sample this week's healthy and delicious recipe.





November 24, Tuesday

Healthy Thanksgiving 12:00-2:00pm
Join Laura as she gives a traditional holiday favorite a healthy makeover.

November 26, Thursday

Happy Thanksgiving!!

**Check the Live Right section of the ShopRite website each month for events, demo's and our Health and Wellness Program
Eating Healthy has Become Easier at ShopRite of Monroe.**

