



**ShopRite of New Rochelle**  
**LIVE RIGHT CALENDAR OF EVENTS**  
**SEPTEMBER 2010**

**Stacey Lynn Jackson, MS, RD**  
**For More Information, call 845-649-4766**

Do you have nutrition questions, need menu ideas or just want tips to help you and your family eat better? Be sure to visit Stacey in her office, located next to the pharmacy, and she will be more than happy to assist you.

**September 2, Thursday**

**National Cholesterol Month Kick-Off: 12-2pm**

September is National Cholesterol Month! You can't see cholesterol and it doesn't have any symptoms. It is however a major risk factor for heart disease. Join Stacey to see how easy, fun and delicious healthy living can be!

**September 3, Friday**

**Right for Tonight – Seafood: 1-3pm**

The American Heart Association recommends eating two servings of fish per week for optimal heart health. Join Stacey as she prepares a delicious and healthy seafood dish that you can easily prepare at home.

**September 4, Saturday**

**Portion Distortion: 2-4pm**

Portions today are far bigger than in the past, which often means we're taking in far more calories than we realize. Come join Stacey as she explores portion distortion!

**September 10, Friday**

**Right for Tonight – Produce: 12-2pm**

Join Stacey as she prepares a delicious and healthy fresh produce dish that you can easily prepare at home.

**September 11, Saturday**

**Live Right Kids Event – Fruit and Vegetable Scavenger Hunt: 1-3pm**

Eat fruits and vegetables and participate in regular physical activity for good health and chronic disease prevention. Come join Stacey in a fun-filled fruit and vegetable scavenger hunt!







**Stop by the store and talk to Stacey**

