



**SHOPRITE OF NISKAYUNA  
LIVE RIGHT CALENDAR OF EVENTS  
JANUARY 2011  
Heart Health Month!**



**Elicia McMullen, RD  
For more Information, call (518) 491-0050**

**We offer a full service pharmacy with a supervising pharmacist on duty all day  
Randy Rosette, R.Ph.  
For more information, call (518) 243-4568**

*Do you have nutrition questions, need menu ideas, or just want tips for helping your family eat better? Elicia is here to help you meet your health and wellness goals. Visit Elicia in her office located by the pharmacy, she is more than happy to help you!*

**February 3<sup>rd</sup>, Friday**



**Elicia's Cooking Corner: Superbowl Makeover 2:30 – 4:30 PM**

The Superbowl is just around the corner! Join Elicia for a delicious cooking demonstration that features some of your favorite, lighter superbowl dishes! Stop by for a recipe and sample!

**February 7<sup>th</sup>, Tuesday**

**Elicia's Cooking Corner: 2:30 – 4:30 PM**

Beans for heart health! Come join Elicia as she makes a tasty recipe using beans..... not only are they high in essential nutrients like protein, they are also low in fat and contain soluble fiber, which can help lower "bad" cholesterol. Even more, canned beans are versatile and simple to prepare since they are recipe-ready!



*\*Dates and times subject to change*



**February 8<sup>th</sup>, Wednesday**



**Blood Pressure Screening: 10 AM – 2 PM**

Join Elicia and Pharmacist Randy along with a Registered Nurse who will be doing FREE blood pressure checks! Elicia will be there to help you determine which foods aid in Blood pressure control as well as answer any questions you may have. Sample heart healthy items throughout the store and meet a representative from Silver Sneakers – an exercise company that specializes in Senior fitness!

**February 14<sup>th</sup>, Tuesday**



**Munch and Learn! 11:30 AM – 1:30 PM**

Elicia will take over the associate break room and help ShopRite employees eat healthier both on the job and at home!

**February 15<sup>th</sup>, Wednesday**



**Clifton Park Seniors Education @ 1:30 PM**

Elicia will visit a group of Seniors in Clifton Park to discuss healthy eating for healthy aging as well as discuss Diabetes Education. It's never too late to eat right!

**February 16<sup>th</sup>, Thursday**



**Health and Wellness Screening with Marotta! 11 AM – 1 PM**

Join Elicia and Amanda Coleman, LMT from local healthcare group Marotta Health and Wellness as she gives ShopRite Customers a FREE health screening and chair massage! Don't miss out!



**DIETITIAN'S CORNER**

*\*Dates and times subject to change*



**February 16<sup>th</sup>, Thursday**

**Home Instead Senior Caregiver Presentation @ 6:30 PM**

Elicia heads out into the community to educate senior caregivers on important topics in senior nutrition. She will provide them with simple, fun and healthy recipes they can prepare with the seniors!



**February 21<sup>st</sup>, Tuesday**

**Guilderland YMCA Store Tour: 9 – 10 AM**

Elicia hosts a group of retired adults to educate them on healthy eating for healthy aging. They will learn how to shop the store to build a healthy diet!



**February 22<sup>nd</sup>, Wednesday**

**Nutrition in the Kitchen: Meat Cuts & Healthy Preparation 10 AM**

Join Elicia, Chef Steven, and Meat Manager Dave to learn which cuts of meats are the most heart healthy, what to look for when purchasing your meats, and how to prepare them! Take your chance at a FREE RAFFLE to win a prize!!



**February 23<sup>rd</sup>, Thursday**

**Elicia's Cooking Corner! 2:30 – 4:30 PM**

We all know it's important to eat our fruits and veggies....so come visit Elicia to sample the March produce pick of the month!!



*\*Dates and times subject to change*



**February 25<sup>th</sup>, Saturday**



**LiveRight with ShopRite Kids Day! Facts about Fats 2 – 4 PM**

Calling all kids! Join Elicia to participate in a fun nutritious activity, have a snack and learn about healthy eating. Elicia will also have recipes, coupons and nutrition handouts for parents and caregivers.

**February 28<sup>th</sup>, Tuesday**

**Ellis Diabetes Support Group Tour: 2 – 3 PM**

Elicia will host a local diabetes support group to help teach its members how to eat properly for blood sugar control. A store tour will teach them how ShopRite can meet their nutritional needs!



*FREE private and group counseling available with Elicia  
call for an appointment! (518)491- 0050*

*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 Niskayuna*



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