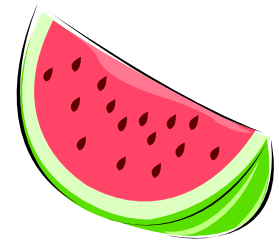




# ShopRite of Parsippany & West Caldwell Dietitian's Calendar of Events-August 2010



Wednesday, August 4

## Blood Pressure Screening Mountainside Hospital

Location: ShopRite of West Caldwell  
Time: 9 AM – 11:30 PM

Wednesday August 4

## College Prep 101 – Intro to Nutrition

Don't be a victim of the freshman 15! Sign up for Nutrition 101 and learn healthy meal planning tips to keep you in shape your first year of college. Register by calling Tara at 973.335.2625 ext. 223

Location: ShopRite of Parsippany  
Time: 6 PM-7 PM

Friday, August 6

## Blood Pressure Screening Morristown Memorial Hospital

Location: ShopRite of Parsippany  
Time: 12 Noon – 3 PM



Friday, August 6

## College Prep 101 – Intro to Nutrition

Don't be a victim of the freshman 15! Sign up for Nutrition 101 and learn healthy meal planning tips to keep you in shape your first year of college. Register by calling Tara at 973.335.2625 ext. 223

Location: ShopRite of West Caldwell  
Time: 10 AM – 11 AM





Wednesday, August 11

**Supermarket Adventure – The Mothers Club of Parsippany!**

The ShopRite of Parsippany will be hosting a fun and exciting food adventure for children of the Parsippany Mothers Club. Kids & Moms will learn healthy meal planning tips and sample some of our favorite nutritious foods.

Location: ShopRite of Parsippany

Time: 10 AM

Monday, August 16

**St. Clare’s Health System – Derma Scan Screening**

Ever wonder how much sun damage you may have? Derma scan is a test that uses ultraviolet light to show skin damage that is invisible to the naked eye. Visit us for this FREE and simple test provided by St. Clare’s Health System.

Location: ShopRite of Parsippany

Time: 11:30 AM-1:30 PM



**Saint Clare’s Health System**

Thursday, August 19

**American Heart Association – ShopRite Associate Class  
Focus on Fitness**

Bring your lunch and join us for an informational session on fitness. Beverages will be provided.

Location: ShopRite of West Caldwell

Time: 1 PM-2 PM

Friday, August 27

**American Heart Association – ShopRite Associate Class  
Focus on Fitness**

Bring your lunch and join us for an informational session on fitness. Beverages will be provided.

Location: ShopRite of Parsippany

Time: 1 PM-2 PM

Monday, August 30

**Heart Healthy Cooking Class with Registered Dietitian - Evelyn**

Keep your heart healthy...join us for a fun and interactive cooking class.

Location: ShopRite of Parsippany

Time: 2:30 PM – 4 PM

Cost: \$10





Feel free to call Tara or Evelyn for additional questions, to plan an event, or to schedule an individual consultation.  
(973) 335-2625 ext. 223

Email: [tara.domzalski@wakefern.com](mailto:tara.domzalski@wakefern.com) or [evelyn.minolfo@wakefern.com](mailto:evelyn.minolfo@wakefern.com)

In Addition to our regular schedule, every Thursday & Friday is  
Ask the Dietitian Day!

**ShopRite of West Caldwell**

Every Thursday from 10AM – 1PM

**ShopRite of Parsippany**

Every Friday from 10AM – 1PM

