



# ShopRite of Parsippany & West Caldwell Dietitian's Calendar of Events for July

Wednesday, July 1



**Blood Pressure Screening**  
Sponsored by Mountainside Hospital  
Time: 9 am to 11:30 am  
Location: ShopRite of West Caldwell

**Camp Healthy – A healthy cooking class series for kids.**  
Time: 1 pm to 3 pm  
Location: ShopRite of Parsippany

Friday, July 3

**Blood Pressure Screening**  
Sponsored by Morristown Memorial Hospital  
Time: 12 noon to 3 pm  
Location: ShopRite of Parsippany

Tuesday, July 7

**Camp Healthy – A healthy cooking class series for kids.**  
Time: 10 am to 12 noon  
Location: ShopRite of Parsippany

Wednesday, July 8

**Camp Healthy – A healthy cooking class series for kids.**  
Time: 1 pm to 3 pm  
Location: ShopRite of Parsippany

Tuesday, July 14

**Camp Healthy – A healthy cooking class series for kids.**  
Time: 10 am to 12 noon  
Location: ShopRite of Parsippany

Wednesday, July 15

**Camp Healthy – A healthy cooking class series for kids.**  
Time: 1 pm to 3 pm  
Location: ShopRite of Parsippany

Friday, July 17

**Think Your Drink**  
Drinks can make or break your healthy diet. Visit Tara from 9:30 am to 12 noon at the West Caldwell store to learn what beverage is best to quench your thirst.

Tuesday, July 21

**Camp Healthy – A healthy cooking class series for kids.**  
Time: 10 am to 12 noon  
Location: ShopRite of Parsippany





**Wednesday, July 22**

**Camp Healthy – A healthy cooking class series for kids.**

Time: 1 pm to 3 pm

Location: ShopRite of Parsippany

For additional information on programs or nutrition services, please call Tara Domzalski R.D., at 973.335.2625 ext. 223.

Registration is required for Camp Healthy. Seating is limited.

