



ShopRite of Passaic-Clifton
LIVE RIGHT CALENDAR OF EVENTS
NOVEMBER 2009



Michelle L. Diaz, R.D.
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For More Information, call 973- 471-0868

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

**November 7,
Saturday**

10a-2p Check Your Blood Sugar for FREE!

Come visit to get your blood sugar checked for FREE, to celebrate American Diabetes Month.

**November 17,
Tuesday**

6:30p-9:30p Culinary Work Shop

Register at Customer Service to take one of ShopRite’s professional chef-taught Culinary Workshop, while learning the benefits of the foods you are preparing from Michelle, Cuellar’s ShopRite’s Dietitian!

**November 21, Saturday and
November 22, Sunday**

11am and 1pm Diabetes Informational Class

Do you or someone you care for have diabetes? Do you want to learn how to help manage blood sugars? Are you unsure what a “Diabetic Diet” is? Then this class is for you! Michelle will be providing basic information on Diabetes for FREE! Please sign up at courtesy or email mdiaz@shopritepassaic.com

