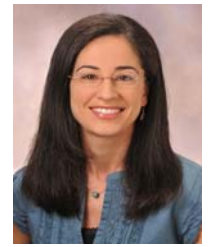









# ShopRite of Richmond Ave Dietitian's Calendar



## February: Your Heart...Your Choice

<p><b>Friday February 3<sup>rd</sup></b>  <b>GO RED DAY! Ask An Expert</b>  <b>Time: 10-12 pm</b></p> <p>Join Andrea our dietitian &amp; Chris our pharmacist for National Wear Red Day to help fight the #1 killer of woman- heart disease. Learn how eating well can help you fight cardiovascular disease.</p> 	<p><b>Saturday February 18<sup>th</sup></b>  <b>SHOPRITE KIDS DAY</b>  <b>Time: 12 - 4 pm</b></p> <p>Get your kids involved in food shopping and teach them healthy habits that will last a lifetime. Stop by for healthy snack ideas, samples, activity sheets and a coupon.</p> 
<p><b>Sunday February 5<sup>th</sup></b>  <b>FREE Blood Pressure Screening</b>  <b>Time: 10 – 2 pm</b></p> <p>1 in 3 Americans has high blood pressure...know your numbers. Join our registered dietitian &amp; registered pharmacist to find out how you can take control and beat the odds. Free samples &amp; coupons.</p> 	<p><b>Tuesday February 21<sup>st</sup></b>  <b>FREE Nutrition Workshop</b>  <b>Loc: Greenbelt Rec Ctr 501 Brielle Ave</b>  <b>Time: 1 - 2 pm</b></p> <p>Your Heart..Your Choice. Learn about the eating plan that can lower your blood pressure!! <b>OPEN TO THE PUBLIC</b>  <b>Non-members welcome.</b></p> 
<p><b>Thursday February 9<sup>th</sup></b>  <b>FREE Healthy Heart Seminar</b>  <b>Time: 6 - 7 pm</b></p> <p>Learn which foods can help you lower your blood pressure with the DASH (Dietary Approach to Stop Hypertension) Diet. Sign Up Today...Space is Limited!</p> 	<p><b>Wednesday February 22<sup>nd</sup></b>  <b>Right for Tonight- What's for Dinner?</b>  <b>Time: 2 – 4 pm</b></p> <p>Not sure what to make for dinner? Join Andrea as she prepares a heart healthy dish your whole family can enjoy. Pick up a recipe &amp; coupon.</p>
<p><b>Tuesday February 14<sup>th</sup></b>  <b>Delicious Desserts- Chocolate</b>  <b>Time: 1-3 pm</b></p> <p>Love Your Heart this Valentines Day. Taste a sweet treat and learn about the benefits of the cocoa bean.</p>	<p><b>Tuesday February 28<sup>th</sup></b>  <b>Healthy Heart Store Tour</b>  <b>Time: 1- 3 pm</b></p> <p>Prevent &amp; manage cardiovascular disease by making smart food choices. Andrea will help you identify foods to choose today.</p>

Dietitian Availability: Tues, Thurs, Friday am & Sat Feb. 18<sup>th</sup>  
 FREE Individual Nutrition Consultations & Store Tours available by appt  
 718-979-3303 x226 or [andrea.doria-cameron@wakefern.com](mailto:andrea.doria-cameron@wakefern.com)  
 \*\*Please Note Availability & Event Dates/ Times Subject to Change\*\*

