



ShopRite of Stratford

Live Right with ShopRite Calendar of Events

Lisa Bishop, MS, RD, CDE
February, 2012 American Heart Month
For More Information, call 203-230-8019

- February 2**
Thursday
10:00am -2:00pm Heart Health Month
Come in and get some information from the Registered Dietitian about keeping your heart in the best shape you can.
- February 8**
Wednesday
4:00pm-7:00pm Dark Chocolate for a Healthy Heart
Did you know that dark chocolate has antioxidants that are good for your health? Come in and try some dark chocolate and do your body some good.
- February 12**
Sunday
10:00am-2:00pm Free Blood Pressure Screening
It is always important to know your blood pressure numbers. Come in for a free blood pressure by a trained health professional, get printed health information and speak to the Registered Dietitian.
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- February 14**
Tuesday
7:30pm-8:30pm Food and Drug Interactions
Oronoque Village association meeting with a presentation by the Registered and Pharmacist on food and drug interactions.
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- February 23**
Thursday
9:00am-2:00pm Good Fats/Bad Fats
Learn the difference between a heart healthy fat and a not so good fat. Ask Lisa how the “good fat” can fit into your daily diet.

