



**ShopRite of Stratford**  
**Live Right with ShopRite Calendar of Events**  
**Lisa Bishop, MS, RD, CDE**  
**September 2010**  
**For More Information, call 203-230-8019**  
**It's Cholesterol Education Month**

**September, 7**  
**Tuesday**

**9:30am-3:30pm Healthy Aging**  
Learn about what antioxidants can deter against chronic diseases.  
Pick up healthy recipes.

**September, 14**  
**Tuesday**

**9:30am-11:am- 1:00pm-4:00pm Crusaders Against Cholesterol**  
September is Cholesterol Education Month! Come find out which foods actually help reduce blood cholesterol.  
**NOON- Presentation at the Baldwin Senior Center on ShopRite's Dietitian's services.**

**September ,20**  
**Monday**

**10:00am-2:00pm Cholesterol Screening Event**  
Get your cholesterol tested in-store, free-of-charge, by a registered Nurse. Plus, discuss dietary factors that affect blood cholesterol .

**September 28**  
**Tuesday**

**9:30am-3:30pm Apple Season**  
Apples have many beneficial phytochemicals. Get easy recipes using this tempting fruit.

