



ShopRite of Warwick
LIVE RIGHT CALENDAR OF EVENTS
SEPTEMBER 2010
NATIONAL CHOLESTEROL AWARENESS MONTH

Jan Turlick, Live Right Consultant

To schedule an appointment, call 917-620-9730 or email jan.turlick@wakefern.com

September 7

Senior Exercise 12:00 pm

Jan will visit the **Seaward Seniors of Florida, NY** and lead members in safe, effective exercises that will increase strength, flexibility and balance.

September 8

Fuel For School 10:00 – 12:00

Jan will share food tips for quick, healthy breakfasts and easy to pack lunches that will keep your kids fueled for performance throughout their day.

September 10

Seafood Made Simple 3:00 – 4:30

The American Heart Association recommends eating two servings of fish per week for optimum heart health. Come taste a delicious and nutritious seafood dish that you can easily prepare for the family.

September 13

From the Label to the Table 10:00 - 12:00

Information Session. Let's talk about how understanding the nutritional facts on food labels can help with making better choices for a healthy diet.

September 15

FREE Cholesterol Screening 10:00 – 2:00

You can't see cholesterol. It doesn't have any symptoms, but it is a major risk factor for heart disease. Find out your numbers today and what you can do to prevent high cholesterol.



