



**ShopRite of Warwick**  
**LIVE RIGHT CALENDAR OF EVENTS**  
*"American Heart Month"*  
**FEBRUARY 2012**



**Melanie Dwornik, MA, RD, CDN**  
**For More Information, call 917.612.7425**

Do you have nutrition questions, need menu ideas or just want tips to help you or your family eat better? Be sure to visit Melanie in her office, located next to the courtesy desk, and she will be more than happy to assist you.

**February 3rd, Friday**

**Healthy Heart: Wear Red Event: 6-9pm**

ShopRite will be partnering with a local Girl Scout troop and the Orange County Health Department at this Go Red event.

**February 6th, Monday**

**Biggest Loser Seminar: 12 noon**

Melanie will be at ShopRite Supermarkets Inc.'s home office facilitating this week's hot topic. Aura from Vastu Yoga in Warwick will be the guest presenter.

**February 7th, Tuesday**

**Golden Hill Harvest of the Month: 10am-2pm**

Students at Golden Hill will have a chance to stamp their passport to wellness today! All they have to do is try the harvest of the month!



**February 8th, Wednesday**

**Healthy Snacking: 3:15-4:30**

Melanie will join a troop of local girl scouts at Sanfordville School to help them re-vamp snack time.

**February 10th, Friday**

**Good Eats: 2-5pm**

Melanie will be preparing a healthy and delicious recipe in honor of American Heart Month. Learn about preparation and nutritional composition of the featured dish and take the recipe home to recreate on your own.



**Celiac Support Group: 7-9pm**

Recently diagnosed with Celiac Disease? Come see what this group is about and learn strategies to manage your Celiac with ease. Meeting will be held in the Greenbriar Room at Mount Alverno- 20 Grand Street, Warwick

**February 12th, Sunday**

**Heart Health Awareness: 11am-3pm**

Do you or someone you know have heart disease? Looking for some suggestions on what to eat, or looking for variety? Stop by the store today to sample some heart healthy foods.

**February 13<sup>th</sup>, Monday**

**Biggest Loser Seminar: 12 noon**

Melanie will be at ShopRite Supermarkets Inc.'s home office facilitating this week's hot topic for weight loss.



**February 15<sup>th</sup>, Wednesday**

**Park Avenue Harvest of the Month: 10am-2pm**

Melanie is teaming up with the Park Avenue Wellness Committee to have students try new fruits and veggies.

**February 17<sup>th</sup>, Friday**

**Good Eats: 2-5pm**

Melanie will be preparing a healthy and delicious recipe today. Learn about preparation and nutritional composition of featured dish and take recipe home to recreate on your own.

**February 18<sup>th</sup>, Saturday**

**Kids Day: Facts about Fats: 10am-2pm**

It's a good day to bring your children to the supermarket! Stop by the Dietitian's Corner to have some fun with nutrition.



**February 19<sup>th</sup>, Sunday**



**FREE Blood Pressure Screening: 10am-2pm**

Join us at the Dietitian's Corner today to take advantage of this FREE blood pressure screening.

**February 20<sup>th</sup>, Monday**

**Biggest Loser Seminar: 12 noon**

Melanie will be at ShopRite Supermarkets Inc.'s home office facilitating this week's hot topic for weight loss.

**February 22<sup>nd</sup>, Wednesday**

**Sanfordville Harvest of the Month: 10am-2pm**

Melanie is teaming up with the Sanfordville PTA to have students try new fruits and veggies.

**February 24<sup>th</sup>, Friday**

**Good Eats: 1-4pm**

Melanie will be preparing a healthy and delicious recipe today. Learn about preparation and nutritional composition of featured dish and take recipe home to recreate on your own.



**Girl Scouts: 5-6pm**

A local Daisy Troop will be visiting the ShopRite in Warwick for a Supermarket Adventure! These girls will know all about good nutrition by the time they leave, plus they will have earned a badge.





**February 26th, Sunday**

**Getaway to the Tropics: 11am-2pm**

It's cold outside! Take a few minutes to sample some tropical fruits and learn about their health benefits. Getaway to the tropics today!

**February 27<sup>th</sup>, Monday**

**Biggest Loser Seminar: 12 noon**

Melanie will be at ShopRite Supermarkets Inc.'s home office facilitating this week's hot topic for weight loss.

**February 29<sup>th</sup>, Wednesday**

**Nutrition in the Kitchen: Meat Cuts & Healthy Preparation: 2pm**

Join Melanie your in-store dietitian for a 15 minute seminar focusing on lean protein. You need to know how to prepare the food before you eat it. Be sure to get a ticket for the free raffle!



*\*Please note event details subject to change.*

ShopRite of Warwick provides FREE nutrition Services by a Registered Dietitian

For more information call 917.612.7425

Or Stop by the store and talk to Melanie