



ShopRite of Warwick LIVE RIGHT CALENDAR OF EVENTS NOVEMBER 2009

Jan Turlick, Live Right Consultant
For More Information, call 845-987-1242

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Jan is here to help you meet your health and wellness goals. Ask for Jan at the courtesy counter and we would be more than happy to help you.

November 1, Sunday

Boar's Head Grand Opening 11:00 – 3:00

Join us for a day of festivities including prizes, raffles and lots of tasty samples.

November 4, Wednesday

Produce Picks 11:30 – 1:30

Enjoy a delicious & healthy vegetable dish that you could serve on your holiday table.

November 5, Thursday

Right For Tonight Cooking Demo 11:00 – 1:00

Join Jan at the Right for Tonight recipe and product demonstration featuring heart healthy foods for a budget friendly meal.

November 6, Friday

Tiger Scouts Supermarket Adventure Tour 4:00

Jan will be conducting a fun, hands-on scavenger hunt in our ShopRite of Warwick produce department for a local Scout troop. They will be earning their health and wellness badge. If you're a troop leader and would like to sign up your group please contact Jan at 845-987-1242.

November 8, Sunday

The Weight Loss Solution Expo 10:00 – 5:00

The Hudson Valley's 1st Annual Weight Loss Expo with over 60 booths and educational seminars addressing obesity awareness. Trade show and programs are open to the public and admission is free.





November 9, Monday

**Healthy Lifestyles-
From the Label to the Table 10:00 – 11:00**

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

November 10, Tuesday

Seafood Made Simple 11:00 – 1:00

Fish is a high in protein, low fat food that provides a range of health benefits. Come sample a tasty seafood dish that you can bring to your dinner table.

November 16, Monday

FREE Glucose Screening 10:00 – 2:00

Learning to live with diabetes. Discover simple and easy changes you can make that will have a positive influence on your lifestyle. An on-site Registered Nurse will conduct the screenings and we'll be sharing health information, recipes, and product sampling.

November 17, Tuesday

FREE Consultation with Registered Dietitian 1:00 – 3:00

Schedule your free consultation with Laura Ronen, Registered Dietitian in Warwick ShopRite. Call 845-987-1242 for an appointment or sign up at the Live Right Kiosk.

November 18, Wednesday

Body Composition Assessments 10:00 – 12:00

Find out your BMI and Body Fat Percent. Learn how you can reduce body fat through healthy eating and exercise.

November 19, Thursday

**Health Fair – Middletown City Officials 11:00 – 3:00
Middletown, NY**

Shoprite will be sharing information on the importance of good nutrition and regular exercise. For more information, please call 845-987-1242

November 20, Friday

Right For Tonight Cooking Demonstration 11:00 – 1:00

Come sample this week's healthy, delicious and budget friendly meal.

November 24, Tuesday

Slow Cook Recipe Ideas 11:00 – 1:00

Make something hearty to serve your family and save yourself some time.

November 28, Saturday

Healthy Kids- Snow Days! 10:00 – 1:00

Bring the kids for this fun event and enjoy games, crafts and creating healthy snacks that can keep your child entertained during those long winter months.





Eating Healthy Has Become Easier at ShopRite of Warwick!

For program details or to request a group program

Call 845-987-1242

