



ShopRite of West Hartford LIVE RIGHT CALENDAR OF EVENTS FEBRUARY 2012



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Do you have nutrition questions, need healthy menu ideas, or want tips for helping your family live a healthier lifestyle? Angie is here to help you meet all of your health and wellness goals. Ask for her at the Courtesy desk or Pharmacy, or stop by her office located next to the Culinary Workshop.

- Feb 15th, Wed** **FREE Blood Pressure Screening 4pm-8pm**
February is Heart Health month. In an effort to increase awareness in our community, ShopRite of West Hartford will offer free blood pressure screening, tasty, heart-healthy product samples, and tips for keeping your ticker in tip-top shape. As always, a ShopRite health professional will be available to answer all of your wellness questions, too. No need to make an appointment. Just stop by!
- Feb 20th, Mon** **Culinary Coaching: Lent-ils 3:30pm-6:30pm**
Need some ideas for tasty, meat-free dishes. Come taste some simple and delicious recipes made with protein and fiber-packed lentils. Bonus: Lentils are budget-friendly and cook in less than 30 minutes!
- Feb 25th, Sat** **Live Right with ShopRite Kids' Day! 11am-2pm**
Growing bodies have special nutrition needs. In an effort to help parents make healthier choices with their kids, ShopRite is launching the Live Right with ShopRite Kids program. Stop by for fun activities, games and prizes all focused on keeping kids healthy. Look for more Live Right with ShopRite Kids events each month.

**Contact Angie to schedule a FREE event or counseling session
at (860) 233-1713 or Angie.Corcoran@wakefern.com**

Be sure to check the Health and Wellness section and Dietitian's Corner each month at ShopRite.com for upcoming events and healthy living articles.

Healthy living made easier at ShopRite of West Hartford

