

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Go H2O Time: 1:30-4 Location: Across from Pharmacy Hours: 8-4:30	2 OFF
3 Go H2O Time: 11:30-2:30 Location: Across from Pharmacy Hours: 7-3	4 OFF Labor Day	5 Office Hours Hours: 8-4:30	6 Office Hours Hours: 8-4:30	7 OFF	8 Go H2O Time: 1:30-4 Location: Across from Pharmacy Hours: 8-4:30	9 OFF
10 OFF	11 Office Hours Hours: 9-5:30	12 Life's Worc Store Tour Time: 10 am Location: ShopRite of Bay Shore Hours: 8-4:30	13 Office Hours Time: Location: Hours: 8-4:30	14 RSVP Nutrition Talk Time: 2 pm Location: Babylon Public Library Hours: 8-4:30	15 Snack Smart Time: 1-4:30 Location: Across from Pharmacy Hours: 8-4:30	16 OFF
17 Long Island Heart Walk Time: Location: Jones Beach Hours: 7-3	18 OFF	19 Office Hours Hours: 8-4:30	20 Office Hours Hours: 9-5:30	21 Hands Across America Event Time: 12:00 Location: Central Islip Hands Across America Hours: 8-4:30	22 Snack Smart Time: 1:30-4 Across from Pharmacy Hours: 8-4:30	23 OFF
24 OFF	25 TOPS Meeting Time: 7 pm Location: West Islip Public Library Hours: 1- 9 pm	26 Office Hours Hours: 8-4:30	27 Office Hours Hours: 8-4:30	28 OFF	29 Snack Smart Time: 1:30-4 Location: Across from Pharmacy Hours: 8-4:30	30 Snack Smart Time: 11 am-2 pm Location: Across from Pharmacy Hours: 7-3

## MONTHLY FOCUS

Snack Smart



DIETITIAN

**Angela McKelvey,**  
RD, DTR  
Retail Dietitian

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## FREE NUTRITION SERVICES



In addition to the calendar of events, Angela is available for FREE nutrition services: Private & individualized nutrition counseling, store tours, shopping assistance, menu ideas, community events/lectures, and more! *Contact Angela for more information!*



EVENT DETAILS

**Friday September 1<sup>st</sup> & 8<sup>th</sup>  
Go H2O!**

Looking for something that will boost your energy, curb your hunger and keep you feeling refreshed all summer long? The solution is simple- Water! Stop by today to learn more!

Time: 1:30-4 pm  
Location: Across from Pharmacy

**Tuesday, September 12<sup>th</sup>  
Life's Worc Store Tour**

Members of the Life's Worc program will be visiting ShopRite of Bay Shore to learn about healthy eating and grocery shopping.

Time: 10 am  
Location: ShopRite of Bay Shore

**Thursday, November 14<sup>th</sup>  
Babylon Library Nutrition Talk**

Jen and Angela will be visiting the Babylon Public Library for a nutrition talk and Q&A

Time: 2 pm  
Location: Babylon Public Library

**Friday, September 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>  
Snack Smart**

School is back in session! Angela is here to help you learn about nutrition snacks during this busy time of year.

Time: 1:30-4:30 pm  
Location: Across from Pharmacy

**Sunday, September 17<sup>th</sup>  
Long Island Heart Walk**

Time: 8 am  
Location: Jones Beach, Field 5

**Thursday, September 21<sup>st</sup>  
Hands Across America Nutrition Talk**

Jen and Angela will be visiting Hands Across America for a nutrition talk and Q&A

Time: 11 am – 1 pm  
Location: Hands Across Long Island

**Monday, September 25<sup>th</sup>  
TOPS Support Group Presentation**

Angela will be a guest speaker at the TOPS support group teaching a class on healthy cooking at the West Islip Public Library

Time: 7 pm  
Location: West Islip Public Library

**Saturday, September 30<sup>th</sup>  
Snack Smart**

Angela is here to help you learn about nutrition snacks during this busy time of year.

Time: 11 am -2 pm  
Location: Across from Pharmacy

**Office Hours**  
By appointment  
Do you have Diabetes? High Blood Pressure? High cholesterol? Or, are you looking to lose and live an overall healthier lifestyle? Angela is available for FREE nutrition counseling to help you meet your goals. Schedule your 1:1 appointment for personalized advice.

Location: Dietitian's office

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