

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 Walk Your Way to Better Health Time: 8:00AM – 9:00AM Location: Yanticaw Park, Nutley	8	9
10	11 Health Screening Time: 10:00AM – 12:00PM Location: ShopRite of Belleville	12	13	14 Walk Your Way to Better Health Time: 8:00AM – 9:00AM Location: Yanticaw Park, Nutley	15	16
17	18	19 Health Screening Time: 10:00AM – 12:00PM Location: ShopRite of Nutley	20	21 Walk Your Way to Better Health Time: 8:00AM – 9:00AM Location: Yanticaw Park, Nutley	22	23
24	25	26	27	28 Walk Your Way to Better Health Time: 8:00AM – 9:00AM Location: Yanticaw Park, Nutley	29	30

MONTHLY FOCUS

Snack Smart



DIETITIAN

Rebecca Zeltmann, MS, RD
Registered Dietitian

p:973-302-8611
e:rebecca.zeltmann@wakefern.com

“You have to put food in people’s mouths to open their ears.”

-Unknown

FREE NUTRITION SERVICES



EVENT DETAILS

Thursday, September 7
Walk Your Way to Better Health
 Need an exercise buddy? Join Rebecca and Stephanie for their walking club. All are welcome!

Time: 8:00 – 9:00 AM
 Location: Yanticaw Park, Nutley (Meet at the entrance on Centre Street.)

Monday, September 11
FREE Health Screening
 Know your numbers! Stop by for a free blood pressure screening. No appointment needed! Rebecca will be there to answer all your nutrition questions.

Time: 10:00 AM – 12:00 PM
 Location: ShopRite of Belleville

Thursday, September 14
Walk Your Way to Better Health
 Need an exercise buddy? Join Rebecca and Stephanie for their walking club. All are welcome!

Time: 8:00 – 9:00 AM
 Location: Yanticaw Park, Nutley (Meet at the entrance on Centre Street.)

Tuesday, September 19
FREE Health Screening
 Know your numbers! Stop by for a free blood pressure screening. No appointment needed! Rebecca will be there to answer all your nutrition questions.

Time: 10:00 AM – 12:00 PM
 Location: ShopRite of Nutley

Thursday, September 21
Walk Your Way to Better Health
 Need an exercise buddy? Join Rebecca and Stephanie for their walking club. All are welcome!

Time: 8:00 – 9:00 AM
 Location: Yanticaw Park, Nutley (Meet at the entrance on Centre Street.)

Thursday, September 28
Walk Your Way to Better Health
 Need an exercise buddy? Join Rebecca and Stephanie for their walking club. All are welcome!

Time: 8:00 – 9:00 AM
 Location: Yanticaw Park, Nutley (Meet at the entrance on Centre Street.)

FREE NUTRITION SERVICES



DIETITIAN
 Rebecca Zeltmann, MS, RD
 Registered Dietitian

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Make an appointment with Rebecca to:

- Accomplish your health goals
- Lighten up your favorite recipes
- Discover new foods for better eating

