

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF (vacation day)	2 OFF
3 OFF	4 OFF (Labor Day holiday)	5 OFF	6 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE	7 Office Hrs 8-4:30PM Dietitian's Picks for 'Snacking Smart' sampling	8	9 OUT OF OFFICE Diabetes Group Presentation St. Catherine's of Siena Medical
10 OFF	11 Office Hrs 8-4:30PM Marianna Dayre MS, RD, CDN	12	13 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE	14	15 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE	16 10-11AM Girl Scouts Tour Country Pointe OUT OF OFFICE: Family Wellness Fair- Brentwood Public Librarv
17 OFF	18 Office Hrs 8-4:30PM Marianna Dayre, MS, RD, CDN	19 OFF	20 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE	21	22 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE	23
24 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE	25 OFF	26 OFF	27 OFF (vacation day)	28 Office Hrs 8-4:30PM Marianna Dayre, MS, RD, CDN	29	30 Office Hrs 8-4:30PM Stefania Medvedik, RD, RN, CDE

MONTHLY FOCUS

Snack Smart



DIETITIAN

STEFANIA MEDVEDIK, RD, RN, CDE

MARIANNA DAYRE, MS, RD, CDN

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FREE NUTRITION SERVICES



THE SHOPRITE OF COMMACK OFFERS FREE NUTRITION SERVICES OFFERED BY A REGISTERED DIETITIAN AND CERTIFIED DIABETES EDUCATOR. SERVICES INCLUDE ONE ON ONE NUTRITION COUNSELING, STORE TOURS, COMMUNITY OUTREACH, AND MORE. EVENING APPTS AVAILABLE UPON REQUEST. CONTACT THE DIETITIAN TO LEARN MORE.



EVENT DETAILS

DATE 9/7/17

SNACK SMART:

Join your in-store dietitians at the ShopRite of Commack to sample their latest picks for the healthiest snacks on the go and at home

TIME: 9-3PM

LOCATION: ShopRite of Commack

DATE 9/9/17

**OUT OF OFFICE
DIABETES GROUP PRESENTATION at
St. Catherine's of Siena Medical Center
[closed event]**

DATE 9/16/17

**OUT OF OFFICE:
FAMILY WELLNESS FAIR**
Join Stefania and Marianna at this wellness event aimed at connecting parents and children to community resources and information on living a healthy lifestyle!

TIME: 12-4PM

LOCATION: Brentwood Public Library

FREE NUTRITION SERVICES



DIETITIAN

STEFANIA MEDVEDIK, RD,
RN, CDE
MARIANNA DAYRE, MS, RD,
CDN

**HAVE A COMMUNITY EVENT? NEED A NUTRITION PRESENTATION,
STORE TOUR, OR OTHER TYPE OF COMMUNITY OUTREACH? CONTACT
OUR DIETITIANS FOR MORE INFORMATION!**

Ph: 631 864-2224 ext. 9

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