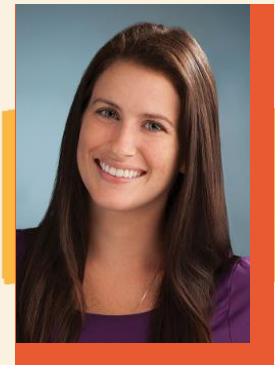


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Call for your free consult	4 Happy Labor Day!	5 Call for your free consult	6 Culinary Class Time: 6:30-7:30 Location: Milford Children's Library	7 Nutrition Presentation Location: Gateway Community College Culinary Class Time: 6-8pm Location: ShopRite of Milford	8	9 Private Kids Culinary Birthday Party Location: ShopRite of Milford
10 Milford Prevention Counsel 5K Time: 9-12 Location: Woodruff YMCA	11 Culinary Class Time: 6-8pm Location: ShopRite of Milford	12 Call for your free consult	13 Culinary Class Time: 6:30-7:30 Location: Milford Children's Library	14	15	16
17	18	19	20	21	22	23
24	25 Call for your free consult	26 Culinary Class Time: 6-8pm Location: ShopRite of Milford	27 Nutrition Presentation Time: 1pm Location: Bridges Employee Zumba Night Time: 6-7pm Location: ShopRite of Milford	28	29 Call for your free consult	30 Kid's Culinary Class Time: 12-1:30pm and 3:30-5pm Location: ShopRite of Milford

MONTHLY FOCUS

Snack Smart



DIETITIAN

Kristen Haight,
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Registered Dietitian

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FREE NUTRITION SERVICES



