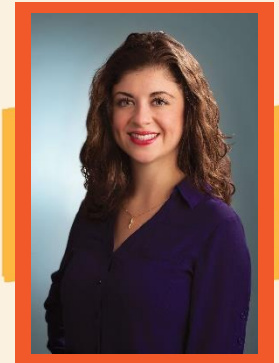


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Hours: 8:30-5 pm Office Hours: Call Kaitlin to Schedule your FREE appointment today!	2 Off
3 Off	4 Off	5 Hours: 9-5:30 pm Try it out Tuesday *Associate Event* 2-4 pm	6 Hours: 10-6:30 pm Office Hours: Call Kaitlin to Schedule your FREE appointment today!	7 Hours: 8-4:30 pm Cardiovascular Store Tour *Private Event* 10:30 am - 12 pm @ SR of New London	8 Hours: 8-4:30 pm Produce Pick of the Week 11-2 pm @ SR of New London	9 Off
10 Off	11 Hours: 10-6:30 pm Office Hours: Call Kaitlin to Schedule your FREE appointment today!	12 Hours: 9-5:30 pm Smart Snacking Event 1-4 pm @ SR of New London	13 Off	14 Hours: 8-4:30 pm Office Hours: Call Kaitlin to Schedule your FREE appointment today!	15 Hours: 8-4:30 pm Fresh Check Day *Private Event for Students*, 12-2 pm @ Conn College	16 Hours: 8-4:30 pm Health Fair @ ShopRite of Norwich 10 am - 2 pm @SR of Norwich
17 Hours: 9-5:30 pm Office Hours: Call Kaitlin to Schedule your FREE appointment today!	18 Off	19 Hours: 8:30-5 pm Try it out Tuesday *Associate Event* 11 am - 1 pm	20 Hours: 10:30-7 pm Kids Cooking Class 5-6 pm @ SR of New London	21 Hours: 8-4:30 pm Smart Snacking Event: Tailgate Edition! 1-4 pm @ SR of New London	22 Hours: 8-4:30 pm Mommy & Me Cooking Class 10-11 am	23 Off
24 Off	25 Hours: 8:30- 5 pm Office Hours: Call Kaitlin to Schedule your FREE appointment today!	26 Hours: 8-4:30 pm Active Living Week Program *Private Event*, 11 am @ Groton Windham	27 Hours: 8-4:30 pm Diabetes Presentation *Private Event* 10 - 11 am @ Stonington Arms	28 Hours: 11:30-8 pm Adult Cooking Class w/ Food for your Soul 6-7 pm @ SR of New London	29 Off	30 Off

MONTHLY FOCUS

Snack Smart



DIETITIAN

Kaitlin Bennett, RD, CDN
Retail Registered Dietitian

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FREE NUTRITION SERVICES



Kaitlin Bennett is the ShopRite of New London's Registered Dietitian, & all of Kaitlin's nutrition services are free of charge! If you are interested in signing up for a class, making an individual appointment or booking a community event, contact Kaitlin: 860-949-0025 or Kaitlin.Bennett@wakefern.com



EVENT DETAILS

<p>Tuesday, September 5th & Tuesday, September 19th Try it Out Tuesday</p> <p>*Associate Events*</p> <p>Location: SR of New London breakroom</p>	<p>Thursday, September 7th Cardiovascular Store Tour</p> <p>*Private Event*</p> <p>Time: 10:30 am – 12 pm Location: SR of New London</p>	<p>Friday, September 8th Produce Pick of the Week</p> <p>Stop by the produce department today to learn about the produce pick of the week & sample a new item with your dietitian, Kaitlin! Nutrition information & samples provided.</p> <p>Time: 11- 2 pm Location: SR of New London</p>	<p>Tuesday, September 12th Smart Snacking Event</p> <p>This month at ShopRite we're all about making smart snack choices that will keep you satisfied between meals. Visit ShopRite to learn about some of the delicious & nutritious snacks choices we have for you!</p> <p>Time: 1-4 pm Location: SR of New London</p>
<p>Friday, September 15th Fresh Check Day</p> <p>*Private Event for Students*</p> <p>Time: 12-2 pm Location: Conn College</p>	<p>Saturday, September 16th ShopRite of Norwich Health Fair!</p> <p>Come to the ShopRite of Norwich today for our first ever Health Fair in collaboration with Backus Hospital. There will be a number of free screenings, local health & wellness professionals, a medication take-back van, samples & more!</p> <p>Time: 10 am – 2 pm Location: ShopRite of Norwich</p>	<p>Wednesday, September 20th Kids Cooking Class</p> <p>Bring your child, age 6-12, to your ShopRite of New London as Kaitlin, your in-store dietitian, holds her monthly kids cooking class! **Class is FREE, but space is LIMITED: please call 860-949-0025 to reserve your spot at least 48 hours in advance!</p> <p>Time: 5-6 pm Location: SR of New London</p>	<p>Thursday, September 21st Smart Snacking Event: Tailgate Edition!</p> <p>Football season is back & what's watching the game without some satisfying snacks? Visit ShopRite for snack ideas that your family will love & you can feel good about.</p> <p>Time: 1-4 pm Location: SR of New London</p>
<p>Friday, September 22nd Mommy & Me Cooking Class</p> <p>Calling all moms, dads & grandparents! Do you have a 3-5 year old who likes to help out in the kitchen? If so, join Kaitlin, your in-store dietitian, for her mommy & me cooking class as we make a healthy new recipe! **Class is FREE, but space is LIMITED: please call 860-949-0025 to register your child at least 48 hours in advance! **</p> <p>Time: 10-11 am Location: SR of New London</p>	<p>Tuesday, September 26th Active Living Week</p> <p>*Private Event for Residents*</p> <p>Time: 11 am Location: Groton Windham Estates</p>	<p>Wednesday, September 27th Diabetes Presentation</p> <p>*Private Event for Residents*</p> <p>Time: 10-11 am Location: Stonington Arms</p>	<p>Thursday, September 28th Adult Cooking Class w/ Food for your Soul</p> <p>Join personal chef Erika & ShopRite dietitian Kaitlin for a fun night filled with healthy recipes, tips & tastings! ** Class is FREE, but space is LIMITED: please call 860-949-0025 to reserve your seat in advance! **</p> <p>Time: 6-7 pm Location: SR of New London</p>

FREE NUTRITION SERVICES



DIETITIAN
Kaitlin Bennett
 Retail Registered Dietitian

p: 860-949-0025
 e: Kaitlin.bennett@wakefern.com

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