

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF (vacation day)	2 OFF
3 OFF	4 OFF (Labor Day holiday)	5 OFF	6 Commack	7 Commack Dietitian's Picks for 'Snacking Smart' sampling-All Day	8 Office Hrs 8-4:30PM Plainview	9 OUT OF OFFICE Diabetes Group Presentation St. Catherine's of Siena Medical
10 OFF	11 OFF	12 Office Hrs 8-4:30PM Plainview	13 Commack	14 Office Hrs 8-4:30PM Plainview Dietitian's Picks for 'Snacking Smart' sampling 11-2PM	15 Commack	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 Plainview	19 OFF	20 Commack	21 Office Hrs 8-4:30PM Plainview	22 Commack	23 Office Hrs 8-4:30PM Plainview
24 Commack	25 OFF	26 OFF	27 OFF (vacation day)	28 Office Hrs 8-4:30PM Plainview	29 Office Hrs 8-4:30PM Plainview	30 Commack

### MONTHLY FOCUS

Snack Smart



DIETITIAN

**STEFANIA MEDVEDIK, RD, RN, CDE**

Registered Dietitian, Certified Diabetes Educator

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### FREE NUTRITION SERVICES



THE SHOPRITE OF PLAINVIEW/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 9/14/17

**SNACK SMART:**

Join Stefania to sample her latest 'dietitian picks' for the healthiest snacks on the go and at home

TIME: 1-4PM

LOCATION: ShopRite of Plainview

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

DATE 9/16/17

**GIRL SCOUT HEALTHY MEAL  
PLANNING AND STORE TOUR [closed  
event]**

TIME: 10-11AM

LOCATION: ShopRite of Country Pointe

## FREE NUTRITION SERVICES



DIETITIAN  
**STEFANIA MEDVEDIK,  
RD, RN, CDE**

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

Ph: 516 938-0240 ext. 9

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