

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2	3 Hours: 8:00-4:30 Air Fryer Recipes: Ft. Kabocha Squash Fries 11-2pm	4 Hours: 10:30-7:00 Morning office hours Burn Boot Camp & Talk Tour *Private Event*	5 Hours: 8:00-4:30 Maintain Don't Gain: How to avoid holiday weight gain 12-2pm. Call 201-638-8514 to Register	6 Hours: 8-4:30 Office Hours: Call to Schedule your FREE Appointment today	7 OFF	8 OFF
9 OFF	10 OFF	11 Hours: 8:00-4:30 Office Hours: Call to Schedule your FREE Appointment today	12 Hours: 8:00-4:30 Morning Office Hours Evening Dietitian Meeting *Private*	13 OFF	14 Hours: 8:00-5 Out of the office with pharmacy Evening Office Hours	15 Hours: 8:00-4:00 Office Hours: Call to Schedule your FREE Appointment today
16 OFF	17 Hours: 8-4:30 Hackensack Class *Private* Evening office hours	18 Hours:9:00-5:30 Morning Office Hours FREE Kid's Kitchen: Kid's Around the World Edition. 4-5 pm (ages 7-12)	19 Hours: 8:30-5 Cooking Basics for Adults: Holiday Favorites 2-4 pm	20 Hours: 7:30-4:00 Reduce Holiday Stress with Adaptogen Herbs: Ft. Maca Root 9-12pm	21 Hours: 10:00-6:30 Office Hours: Call to Schedule your FREE Appointment today	22 OFF
23 OFF	24 Hours: 7-3:30 Office Hours: Call to Schedule your FREE Appointment today	25 OFF	26 OFF	27 Hours: 8:00-4:30 Office Hours: Call to Schedule your FREE Appointment today	28 Hours: 8:00-4:30 New Year, New Gut How to Heal Your Gut with Pre- & Pro-biotics 12-3pm	29 Hours: 8:00-4:30 Office Hours: Call to Schedule your FREE Appointment today
30 OFF	31 Hours: 7:00-3:30 Office Hours: Call to Schedule your FREE Appointment today					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Christina Kamilaris, MS, RD, CDN
Retail Registered Dietitian

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"Insanity is doing the same thing over and over and expecting different results"
-Albert Einstein

FREE NUTRITION SERVICES



All of Christina's Nutrition Services are FREE of Charge! Contact her today if you are interested in: Making an individual appointment, booking a community event, signing up for a class, or scheduling a grocery store tour.

Like our Facebook page - "Facebook.com/ShopRite.Paramus" for weekly health tips



EVENT DETAILS

December 2nd

Air Fryer: Recipes & Benefits

Stop by the Dietitian's Corner to learn about the air fryer, what you can cook, and the calorie saving benefits. Christina will be making Kabocha squash fries!

Time: 11-2pm

Location: Dietitian's Corner

December 4th

Burn Boot Camp Tour & Talk.

Burn Boot Camp members will be touring the store with Christina to learn about how to shop, meal prep, and eat for weight loss.

Time: 5:30 pm *private event*

December 5th

Maintain Don't Gain: How to avoid holiday wt gain

Did you know most people gain 3-5 lbs Halloween to December? Sign up for this FREE class and learn how to prevent weight gain this holiday season. Samples provided.

Pre-registration is required. Call 201-638-8514, space is limited.

Time: 12-2 pm

Location: Upstairs conference room

December 17th

Health & Wellness in the Community.

Christina teaching Hackensack students about healthy eating and making a healthy snack.

Location: *Private Event*

Interested in booking a private community event for your organization or school? Contact Christina today, it's free!

December 18th

Kids Kitchen: Kid's Around the World Edition.

Ages 7-12. This program is designed to empower your child to make healthy choices in the kitchen. Kids will create simple, tasty, & healthy meals & snacks. Each month kids will explore a different country's cuisine.

Time: 4-5 pm Pre-Registration Required.

Location: Upstairs Conference Room

December 19th

FREE Cooking Basics for Adults:

Theme: Holiday Favorites Made Healthy

Learn how to transform your favorite recipes to low calorie favorites for better weight control. Learn about portions and eating strategies to make it even easier. Pre-registration is required. Call 201-638-8514, space is limited.

Time: 2-4 pm

Location: Upstairs conference room

December 20th

Reduce Holiday Stress with Adaptogenic Herbs: Ft. Maca Root.

Maca root is a cruciferous vegetable similar to cauliflower & Brussels sprouts so it contains those similar nutrition benefits. By lowering cortisol levels, this root is also considered an "adaptogen" which means it helps your body adapt better to stress. Maca root also helps balance hormones, improve libido, and increase energy. Stop by to learn how to incorporate maca root into your diet!

Time: 12/20th 9-12pm

Location: Dietitian's Corner

December 28th

New Year, New Gut: How to Heal Your Gut with Pre- & Pro-biotics

Did you know a healthy gut and help with weight management, reduce inflammation, and boost your immune system?

Stop by the dietitian's corner and learn how to develop a new gut for the new year!

Time: 11-2pm

Location: Dietitian's Corner

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