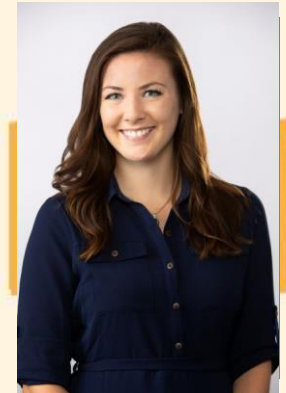


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Out of Office
2 Out of Office	3 Diabetes Class Time: 5:30 PM Location: Byram	4 Tops Meeting Time: 7 PM Location: Flanders	5 Out of Office	6 Kids Cooking Class Time: 4PM Location: Newton	7 Office Hours Schedule your FREE Appointment!	8 Dietitian Demo Time: 12PM Location: Byram
9 Dietitian Demo Time: 12PM Location: Byram	10 Out of Office	11 Office Hours Schedule your FREE Appointment!	12 Associate Demo Time: 11AM Location: Break room	13 Office Hours Schedule your FREE Appointment!	14 Office Hours Schedule your FREE Appointment!	15 Out of Office
16 Out of Office	17 Office Hours Schedule your FREE Appointment!	18 Kids Cooking Class Time: 4PM Location: Byram	19 Associate Demo Time: 11AM Location: Break room	20 Out of Office	21 Office Hours Schedule your FREE Appointment!	22 Office Hours Schedule your FREE Appointment!
23 Out of Office	24 Office Hours Schedule your FREE Appointment!	25 Out of Office <i>Happy Holidays</i>	26 Office Hours Schedule your FREE Appointment!	27 Office Hours Schedule your FREE Appointment!	28 Dietitian Demo Time: 12PM Location: Byram	29 Out of Office
30 Out of Office	31 Out of Office					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Theresa Callaghan, MS, RDN
Retail Dietitian

p:973-448-9770 Ext. 173
e:Theresa.CallaghanRD@wakefern.com

“One small positive thought in the morning can change your whole day”

-anonymous

FREE NUTRITION SERVICES



SIGN UP FOR OUR FREE KIDS NUTRITION CLASS!
Call or email Theresa to register, space is limited!



EVENT DETAILS

<p>12/3</p> <p>Week 4 Diabetes Class Join the Byram Dietitian to learn the basics on how to manage your diabetes with physical activity!</p> <p>Time: 5:30 PM Location: Byram ShopRite</p>	<p>12/4</p> <p>*Private Event- Tops Meeting Join the Flanders and Byram Dietitian to learn how to stay healthy during the Holidays!</p> <p>Time: 7:00 PM Location: Flanders</p>	<p>12/6</p> <p>Kids Cooking Class The Newton and Byram Dietitians will be hosting a FREE cooking class! Make sure to sign up because space is limited.</p> <p>Time: 4PM Location: Newton ShopRite</p>	<p>12/8</p> <p>Better Baking Demo Want healthier options for the holidays this year? Look for Theresa's demo table near the front of the store to try healthy baking samples!</p> <p>Time: 1PM Location: Byram ShopRite</p>
<p>12/9</p> <p>Dietitian Demo Look for Theresa's demo table near the front of the store to try healthy samples!</p> <p>Time: 1PM Location: Byram ShopRite</p>	<p>12/12</p> <p>*Associate Event- Break Room Bites Attention Associates! Stop by the break room today to sample a healthy snack!</p> <p>Time: 11AM Location: Byram break room</p>	<p>12/18</p> <p>Kids Cooking Class The Byram Dietitian will be hosting a FREE cooking class! Make sure to sign up because space is limited.</p> <p>Time: 4PM Location: Byram ShopRite</p>	<p>12/19</p> <p>*Associate Event- Break Room Bites Attention Associates! Stop by the break room today to sample a healthy snack!</p> <p>Time: 11AM Location: Byram break room</p>
<p>12/28</p> <p>Dietitian Demo Look for Theresa's demo table near the front of the store to try healthy samples!</p> <p>Time: 1PM Location: Byram ShopRite</p>			

FREE NUTRITION SERVICES



DIETITIAN

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FREE Individual Nutrition Counseling | Food Intolerances & Special Diets | Menu Ideas & Recipe Makeovers Cooking Demos | Kids Events | Individual & Group Store Tours | Community Health & Wellness Programs

