

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 Dietitian's Office Hours	4 Associate Event Time: 12:30-2:30pm Location: Break Room	5 Diabetes Class #4 Time: 5:30-6:30pm	6 Kid's Nutrition Class Time: 4-5pm Location: ShopRite of Newton *registration required*	7 RoNetco Quarterly Meeting	8 OFF
9 OFF	10 Zufall Health Center Event Time: 5-8pm Location: Newton Circle	11 Well Everyday Demo Time: 12:30-2:30pm	12 Dietitian's Office Hours	13 Dietitian's Office Hours	14 RoNetco Holiday Breakfast Diet & Fitness Workshop Time: 6-9pm Location: Word of Life Church	15 OFF
16 OFF	17 RoNetco Monthly Dietitian Meeting ShopRite of Succasunna Associate Event Time: 2-4pm Location: Break Room	18 Kid's Nutrition Class Time: 4-5pm Location: ShopRite of Byram *registration required*	19 OFF	20 Holiday Help	21 Holiday Help	22 Holiday Help
23 Holiday Help	24 OFF	25 OFF Merry Christmas!	26 OFF	27 Dietitian's Office Hours	28 Dietitian's Office Hours	29 Well Everyday Demo Time: 2-4pm
30 OFF	31 Dietitian's Office Hours					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Marykate Branche, RD, LDN

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"I'm rooting for you!"

-unknown

FREE NUTRITION SERVICES



In-Store Kid's Nutrition Class at the ShopRite of Newton! Thursday, November 6th: 4-5pm

Please contact Marykate to register for the in-store kid's nutrition class!

The class is appropriate for kids 6-12 years old. Space is limited!



EVENT DETAILS

Dietitian's Office Hours

Schedule your one-on-one nutrition consultation with your in-store RDN Marykate! Appointments are FREE!

**December 4th, 17th
Associate Event**

Our associates will be sampling a healthy recipe or product from our current Well Everyday campaign!

**Time: 4th at 12:30-2:30pm & 17th at 2-4pm
Location: Break Room**

**December 5th
Diabetes Classes**

November is National Diabetes Awareness month! Join Marykate for a 4 week Diabetes educational Classes. Come learn about controlling food sugar, label reading, meal planning, carbohydrate counting and more!

Time: 5:30-6:30pm

**December 6th
Kid's Nutrition Class**

Join Marykate and Tess, dietitian at ShopRite of Byram to make a fun, nutritious snack!

**Time: 4-5pm
Location: ShopRite of Newton
*Sign up with Marykate required***

**December 10th
Zufall Health Center Event**

Join Marykate and Morgan, dietitian at ShopRite of Franklin, at Zufall to learn about healthy holiday snacks! Sign up with Zufall.

**Time: 5-8pm
Location: Newton**

**December 11th, 29th
Well Everyday Demo**

Sample a healthy recipe or product from our newest Well Everyday campaign!

**Time: 11th at 12:30-2:30pm and 29th at 2-4pm
Location: ShopRite of Newton**

**December 14th
Diet & Fitness Workshop**

Join Marykate and Julianna, dietitian at ShopRite of Mansfield, at Word of Life Church community health fair event.

**Time: 6-9pm
Location: Word of Life Church**

**December 17th
Kid's Nutrition Class**

Join Marykate and Tess, dietitian at ShopRite of Byram to make a fun, nutritious snack!

**Time: 4-5pm
Location: ShopRite of Byram
*Sign up with Tess required***

FREE NUTRITION SERVICES



DIETITIAN

Marykate Branche, RDN, LDN
Registered Dietitian Nutritionist

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I am always accepting new clients for complimentary nutrition counseling.
Contact me to set up your FREE nutrition counseling appointment!

