

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 Hours: 8-4:30 Lighten up your favorite holiday dishes! Time: 12-3	4 Hours: 8-4:30 Nyack Hospital Diabetes Prevention Group: Healthy Holiday Eating Time: 3:00 pm	5 Hours: 7-3:30 Office Hours: Call Megan today to set up your appointment!	6 Hours: 7:30-4 MMW 10-12 Kids Kitchen Ages 3-5 Time: 2:00 pm	7 Hours: 8-4:30 Rockland BOCES Presentation Time: 9:30 am & 12:00 pm	8 OFF
9 OFF	10 Vacation	11 Vacation	12 Vacation	13 Vacation	14 Vacation	15 OFF
16 Hours 8-4:30 Office Hours: Call Megan today to set up your appointment.	17 Hours: 7-3:30 Pearl River Library Cooking Class Time: 1:30 pm	18 Hours: 9:30-6 MMW 11-1 Kids Kitchen Ages 6-10 Time: 4:30 pm	19 Hours: 9:30-6 Pearl River Library Cooking Class Time: 4:30 pm	20 Hours 8-4:30 Adult Cooking Basics Healthy twist to your favorite holiday dishes! Time: 2:00 pm	21 OFF	22 OFF
23 Hours 8-4:30 See Megan at the Dietitian's Corner to have your holiday cooking questions	24 Hours: 7-3:30 See Megan at the Dietitian's Corner to have your holiday cooking questions	25 OFF (P) Merry Christmas	26 OFF	27 Hours: 8-4:30 Holiday Eating Detox Time: 12-3	28 Hours: 7:30-4 Office Hours: Call Megan today to set up your appointment.	29 OFF
30 OFF	31 Hours: 7:30-4 Office Hours: Call Megan today to set up your appointment.					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Megan Peterson, MS, RDN
Registered Dietitian

P: 201-600-4031
E: megan.peterson@wakefern.com

FREE NUTRITION SERVICES



Are you ready for a change? ***FREE*** Nutrition Counseling! Call Megan today to set up your appointment!



EVENT DETAILS

December 3rd

Lighten up your favorite holiday dishes! Stop by the dietitian's corner to learn about ways to lighten up your favorite dishes for the holidays. Samples and recipes provided!

Time: 12-3 pm
Location: Dietitian's Corner

December 4th

Megan will be visiting Nyack Hospital Diabetes Prevention Group to share healthy holiday eating tips.

Time: 3:00 pm
Location: Nyack Hospital

December 6th

Meals Made Well Demo 10-12pm

FREE Kids Kitchen
Bring your child, ages 3-5, to your ShopRite of Pearl River as Megan holds monthly kids cooking classes! Please call Megan in advance at 201-600-4031 to register!

Time: 2:00 pm
Location: Second Floor Conference Room

December 7th

Megan will be visiting Rockland BOCES to educate students on Healthy Eating & Elderly Nutrition.

Time: 9:30 am & 12:00 pm
Location: Rockland BOCES

December 17th

Private Event

Megan will be visiting Pearl River Library for kids cooking classes this fall! Please contact Pearl River Library to sign-up!

Time: 1:30 pm
Location: Pearl River Library

*Call 845-735-4084 to register!

December 18th

Meals Made Well Demo 11-1 pm

FREE Kids Kitchen
Bring your child, ages 6-10, to your ShopRite of Pearl River as Megan holds monthly kids cooking classes! Please contact Megan in advance at 201-600-4031 to register!

Time: 4:30 pm
Location: Second Floor Conference Room

December 19th

Private Event

Megan will be visiting Pearl River Library for kids cooking classes this fall! Please contact Pearl River Library to sign-up!

Time: 4:30 pm
Location: Pearl River Library

*Call 845-735-4084 to register!

December 20th

Adult Cooking Basics
December Adult Cooking Class focusing on bringing a healthy twist to your favorite holiday dishes! Call Megan at 201-600-4031 in advance to register!

Time: 2:00 pm
Location: Second Floor Conference Room

December 27th

Holiday Eating Detox
Learn about ways to detox your body naturally after the holiday season. Recipes and samples provided.

Time: 12-3
Location: Dietitian's Corner

FREE NUTRITION SERVICES



DIETITIAN

Megan Peterson, MS, RDN
Registered Dietitian Nutritionist

201-600-4031
Megan.peterson@wakefern.com

Megan is the ShopRite of Pearl River's Registered Dietitian and all of Megan'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 Megan.

