

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Off
2 Off	3 Off	4 Healthy Store Tour Time: 11am Location: Dietitian's Nook	5 Kids Cooking Class Time: 4-6pm Location: EPOL	6 Meals Made Well Time: 12-2pm Location: Dietitian's Nook	7 Health Fair Offsite	8 Healthy Moose Munch Offsite at Greater Morristown
9 Off	10 Produce Pick Demo Time: 1:00-3:00pm Location: Dietitian's Nook	11 Associate Inside Look Time: 12:00-2:00pm Location: Break Room	12 FREE Health Screening Time: 10am-12pm Location: Pharmacu	13 Off	14 Nutrition Presentation Offsite	15 Meals Made Well Time: 12-2pm Location: Dietitian's Nook
16 Off	17 Well Everyday Sampling Time: 1-3pm Location: Dietitian's Nook	18 Meals Made Well Time: 11am-1pm Location: Dietitian's Nook	19 Produce Pick Demo Time: 12:00-2:00pm Location: Dietitian's Nook	20 Healthy Product Demo Time: 12-2pm Location: Dietitian's Nook	21 Healthy Holiday Demo All day!	22 Off
23 Healthy Holiday Demo All day!	24 Off	25 Off	26 Healthy Product Demo Time: 12-2pm Location: Dietitian's Nook	27 Meals Made Well Time: 11am-1pm Location: Dietitian's Nook	28 Schedule your FREE consult today!	29 Off
30 Off	31					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Samantha Repekta
Retail Dietitian

(973) 674-8705
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"Merry everything and a happy always!"



FREE NUTRITION SERVICES



EVENT DETAILS



**December 4th
Healthy Store Tour**

Take a walk with Sam to discover healthy hidden gems throughout the store!

Time: 11am
Location: Dietitian's Nook

**December 5th
Kids Cooking Class**

Teens are encouraged to join for a **FREE** interactive class. We will be creating something delicious!

Time: 4-6pm
Location: East Orange Public Library

**December 6th, 15th, 18th, 27th
Meals Made Well**

Meals Made Well | recipes that are simple to make and dietitian-approved! Stop by my office to grab a taste of the meal of the week.

Time: Varies
Location: Dietitian's Nook

**December 7th
Health Fair**

Sam will be offsite presenting to staff at a local health fair.

Call (973) 674-8705 or email Samantha.Repekta@wakefern.com to book a presentation with Sam!

**December 10th, 19th
Produce Pick Demo**

Stop by Sam's office to try our produce pick of the week! Learn more about ShopRite of East Orange's Double Bucks produce program, where you can earn \$1 for every dollar, up to \$10, spent on produce!

Time: Varies
Location: Dietitian's Nook

**December 12th
FREE Health Screening**

Join Sam to get to know your numbers, what it all means, and how she can help. Blood pressure, blood sugar, and more!

Time: 10am-12pm
Location: Pharmacy

**December 17th
Well Everyday**

Stop by for a sample of a delicious, associate-approved item featured this month on the Well Everyday Endcap, located at the end of Aisle 2.

Time: 12-2pm
Location: Dietitian's Nook

**December 20th, 26th
Healthy Product Demo**

Sam will be sampling a healthy product outside of her office. Stop by for a tasty, nutritious treat!

Time: Varies
Location: Dietitian's Nook

**December 21st, 23rd
Healthy Holiday Demo**

Find Sam around the store spreading holiday cheer with healthy and delicious treats. The holidays can be overwhelming, she's here to help!

Time: All day
Location: Storewide

**Happy
Holidays!**



FREE NUTRITION SERVICES



DIETITIAN
Samantha Repekta
Retail Dietitian
(973) 674-8705
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Call or email to set up a **FREE** nutrition consultation today!
Weight loss – Diabetes – High Blood Pressure – High Cholesterol
Food Intolerances & Special Diets – Recipes – Store Tours – Community Events

