

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 "Coats for Our Neighbors" Coat Drive Time: 3:30- 6 PM In-store	3 "Snow Day Snacks" Time: 4 PM Location: Chatham Library	4 OFF	5 Village RD Conference Call Time: 10am-12pm	6 8 AM Walking Club  Temptime Lunch and Learn 12 PM	7 OFF	8 Breakfast With Santa Time: 9-11 AM Location: Bin 37
9 OFF	10 Girl Scout Presentation Time: 3 PM Location: Lakeview Elementary	11 Consultations Time: 11-3 PM Location: Dietitian's Nook	12 Girl Scout Presentation Time: 3 PM Location: Lakeview Elementary	13 8 AM Walking Club  OFF	14 New Hire Training Time: 10 AM Dietitian Pick 4 PM	15 OFF
16 OFF	17 Morris Knolls Store Tour Time: 11:45 AM	18 Zufall Cooking Class 6-7 PM Location: 85 Washington St.	19 OFF	20 8 AM Walking Club Florham Park Library 3:30 PM	21 Associate Sampling Time: 10-12 PM Location: Breakroom	22 Holiday Help In-Store Time: 9 AM
23 Holiday Help In-Store Time: 9 AM	24 OFF	25 Merry Christmas! OFF	26 OFFICE HOURS Time: 10-2 PM	27 8 AM Walking Club  OFF	28 FREE Blood Sugar & Blood Pressure Screening Time: 12-3 PM Location: Pharmacy	29 Kids Cooking Class Time: 12-1 PM Location: Bin 37
30 New Years Recipe Idea 4 PM	31 New Years Recipe Idea 12 PM					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



DIETITIAN

**Monica Hansen, RD**  
Registered Dietitian

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**"Only I can change my life. No one can do it for me."**

-Carol Burnett

**FREE NUTRITION SERVICES**



Please go to [villagefoodgarden.com](http://villagefoodgarden.com) to sign up for Breakfast with Santa or our Kid's Cooking classes!



**EVENT DETAILS**

**SUNDAY, DEC. 2ND  
COAT DRIVE**

“Coats for our neighbors”: please join us in the store for a coat drive to benefit those less fortunate in the community.

**Time: 3:30-6 PM**  
**Location: In/Out of store**

**MONDAY, DEC. 3RD  
Snow Day Snacks**

Sign up at Chatham Library. For children K-2<sup>nd</sup> grade. Easy, fun snow day snack ideas!

**Time: 4 PM**  
**Location: Library of the Chathams**

**SATURDAY, DEC. 8TH  
Breakfast with Santa**

Sign up at villagefoodgarden.com

Children can visit with Santa, make their own healthy “moose munch”, and decorate something to bring home!

**Time: 9-11 AM**  
**Location: Bin 37**

**MON & WED DEC. 10/12TH  
Girl Scout Presentations**

Monica will be at Lakeview Elementary School in Denville presenting about "Eating the Rainbow" to Girl Scouts.

**Time: 3 PM**  
**Location: Denville, NJ**

**MONDAY, DEC. 17TH  
Morris Knolls School Store Tour**

The school is visiting for a healthy store tour, to learn about balance and eating right!

**Time: 11:45 AM**

**TUESDAY, DEC. 18TH  
Zufall Cooking Class**

Contact Zufall for more information. Monica teaches their Pregnancy Outcomes class.

**Time: 6-7 PM**  
**Location: 85 Washington St.**

**THURSDAY, DEC. 20TH  
Kid’s Class @ Library**

Monica teaches children Ages K-5th grade and we all make a healthy recipe together.

**Time: 3:30 PM**  
**Location: Florham Park Library**

**FRIDAY, DEC. 28TH  
FREE Blood Pressure and Blood Sugar Screening**

No appointment needed. No fasting needed. Sponsored by Community Health @ Atlantic Health.

**Time: 12-3 PM**  
**Location: Outside the Pharmacy**

**SATURDAY, DEC. 29TH  
Kid’s Cooking Class**

Kids will help make two simple recipes with Monica, sign up at villagefoodgarden.com!

**Time: 12-1 PM**  
**Location: Bin 37**  
**Cost: \$10/child**

**MONDAY, DEC. 31ST  
New Year’s Recipe Idea**

Come try what Monica is sampling as a New Year's recipe idea!

**Time: 11 AM**  
**Location: Front of Pharmacy**

**EVERY THURSDAY AT 8 AM  
Village Walking Group**

Join us- no sign up necessary- every Thursday and walk 2000 steps, or 1 mile, around the store.

**Time: 8 AM**  
**Location: Meet outside the Pharmacy**

***Consults are always FREE!  
Reach out  
to schedule yours today to  
get ahead  
of the New Year!***

**FREE NUTRITION SERVICES**



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***Pick up a healthy holiday recipe booklet outside my Dietitian's Nook, located across from the pharmacy for awesome seasonal recipes approved by our dietitian team. Happy Holidays to you!***

