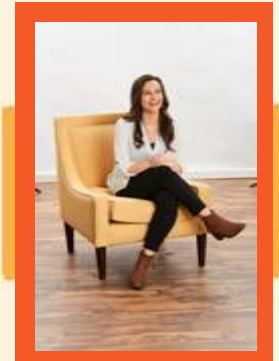


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 LACD Holiday Party Time: 1-2:30pm
2 Off	3 Livingston HS Food Demo Time: 8-10am Location: Livingston HS	4 Meals Made Well Recipe Demo Time: 3:30-5:30pm	5 Village RD Conference Call Time: 10am-12pm Associate Inside Look 1-2:30pm	6 Hillside Tabling Event Time: 10-12pm Location: 204 Hillside Ave	7 Open Office Hours Time: 1-3pm	8 Off
9 Off	10 Meals Made Well Recipe Demo Time: 2-4pm	11 YMCA Live Strong Group Time: 12-1:15pm Location: YMCA Wellness Endcap Sample 2-4pm	12 Clarendon Christmas Party Time: 10-11am Location: Clarendon	13 Open Office Hours Time: 1-3pm	14 Personal Day	15 Off
16 Off	17 Meals Made Well Recipe Demo Time: 2-4pm	18 Institute Rehab Event Time: 1:30-2:30pm	19 Livingston HS Event Time: 8-10am Location: Livingston HS	20 Hillside Elementary Presentation Time: 11-1pm	21 Brownie Troop Scavenger Hunt Time: 3:00pm	22 Off
23 Holiday Sampling Time: 12-2pm	24 Off	25 Merry Christmas!	26 Open Office Hours Time: 10-12pm	27 Meals Made Well Sampling Time: 2-4pm	28 Off	29 New Year Sampling Time: 1-3pm
30 Off	31 Open Office Hours Time: 10-12pm					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



DIETITIAN

**Elle Bernardo, RDN**  
Registered Dietitian Nutritionist

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“And they'll feast, feast, feast, feast. They'll eat their Who-Pudding and rare Who-Roast Beast. But that's something I just cannot stand in the least. Oh, no. I'M SPEAKING IN RHYME!”  
The Grinch



**FREE NUTRITION SERVICES**



Don't miss out on our exciting and *healthy* holiday samplings this month! Stop by my office for healthy holiday recipes!

EVENT DETAILS

<p><b>Saturday the 1<sup>st</sup></b>  <b>LACD Holiday Party</b>                  Elle is headed to the LACD Holiday Party. Bringing along a healthy snack and nutritious holiday recipes!</p> <p><b>Time: 1-2:30pm</b></p>	<p><b>Monday the 3<sup>rd</sup></b>  <b>Livingston HS Food Demo</b>                  Elle is headed to Livingston HS to do a hands on cooking demonstration with the students in the Career program!</p> <p><b>Time: 8-10am</b></p>	<p><b>The 4<sup>th</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 27<sup>th</sup></b>  <b>Meals Made Well Recipe</b>                  Come sample our dietitian created, healthy, and complete meal recipe for the week! A simple meal packed with nutrients!</p> <p><b>Time: Varies</b></p>	<p><b>Wednesday the 5<sup>th</sup></b>  <b>Associate Inside Look</b>                  The associates at Livingston will taste and try new exciting health products featured on our Wellness Endcap!</p> <p><b>Time: 1-2:30pm</b></p>
<p><b>Thursday the 6<sup>th</sup></b>  <b>Adult and Youth Enrichment Services Tabling</b>                  Soup and Stews! Elle is taking on the cold weather soup style, she is headed to the center for a tabling on better for you winter soups and stews!</p> <p><b>Time: 10-12pm</b>  <b>Location: 204 Hillside Ave</b></p>	<p><b>Tuesday the 11<sup>th</sup></b>  <b>YMCA Live Strong Group</b>                  Elle will be presenting to the YMCA's Live Strong group. Discussing important nutrients to include in their diet and answering nutrition questions.</p> <p><b>Time: 12-1:15pm</b></p>	<p><b>Wednesday the 12<sup>th</sup></b>  <b>Clarendon Adult Day Care Christmas Party</b>                  The participants at Clarendon love a good party, but keeping it healthy is key! Elle is attending their Christmas party to promote health and wellness!</p> <p><b>Time: 10-11am</b></p>	<p><b>Tuesday the 18<sup>th</sup></b>  <b>Universal Institute Rehab Holiday Demo</b>                  Elle will be preparing holiday treats with a healthy twist for the participants Universal Institute Rehabilitation Center.</p> <p><b>Time: 1:30-2:30pm</b></p>
<p><b>Thursday the 20<sup>th</sup></b>  <b>Hillside Elementary School Presentation</b>                  Elle is headed to Hillside Elementary to get the students excited about eating healthy!</p> <p><b>Time: 11-1pm</b></p>	<p><b>Friday the 21<sup>st</sup></b>  <b>Brownie Troop Scavenger Hunt</b>                  Brownie Troop is coming in to ShopRite for fun and Interactive nutrition lesson and scavenger hunt!</p> <p><b>Time: 3-4pm</b></p>	<p><b>Sunday the 23<sup>rd</sup></b>  <b>Holiday Sampling</b>                  The holidays do not have to mean weight gain! Make healthier swaps to lean out your holiday favorites, like this featured sampling!</p> <p><b>Time: 12-2pm</b></p>	<p><b>Saturday the 29<sup>th</sup></b>  <b>New Year Sampling</b>                  Start the New Year off right by opting to eat healthy! Come by to sample a nutritious toast to the new year!</p> <p><b>Time: 1-3pm</b></p>

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