

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 OFF	2 Nutrition Presentation Time: 12:30pm Location: Our Lady of Mt Carmel	3 Kids Nutrition Class Time: 4pm-5pm Location: Boys and Girls Club of Waterbury	4 Office hours Time: 9am-5pm	5 BW Tinker Community Night Time: 5-7pm Location: Chase Park House	6 Community Programming Time: 3pm-4pm Location: SAFE Program	7 OFF
8 Office hours Time: 9am-5pm	9 Baking Swaps Time: 11:30am Location: Waterbury Sr Center	10 Kids Nutrition Class Time: 4pm-5pm Location: Boys and Girls Club of Waterbury	11 Office hours Time: 8:30am-12pm Community Programming Time: 1pm-4pm Location: MALTA Clinic	12 Office hours Time: 9am-5pm	13 OFF	14 OFF
15 OFF	16 Office hours Time: 9am-5pm	17 Office hours Time: 9am-5pm	18 Recycle Day Time: 11am Location: Bristol Public Library	19 Private Supermarket Tour Time: 11am Location: ShopRite of Waterbury	20 Healthy Meals on a Budget Presentation Time: 1pm-2pm Location: Nottingham Towers	21 OFF
22 OFF	23 Office hours Time: 9am-5pm	24 Kids Nutrition Class Time: 4pm-5pm Location: Boys and Girls Club of Waterbury	25 Office hours Time: 8:30am-12pm Community Programming Time: 1pm-4pm Location: MALTA Clinic	26 Zumba Wellness Night Time: 5:30pm-7:30pm Location: Bucks Hill Elementary	27 Community Programming Time: 3pm-4pm Location: SAFE Program	28 RD and Me Story Time Time: 11 am Location: Silas Bronson Library
29 OFF	30 Office hours Time: 9am-5pm					

MONTHLY FOCUS
Dietitian's Dish



DIETITIAN

Lauren Hassan
RDN

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“One cannot think well, love well, sleep well if one has not dined well”
-Virginia Woolf



FREE NUTRITION SERVICES

Sign up for free nutrition counseling, stop by the Dietitian's Corner or email Lauren at Lauren.Hassan@wakefern.com



EVENT DETAILS

Various days/times
Office Hours

Bring your questions, the dietitian is in! The dietitian may also be doing a demo/tasting event on these days.

Location: ShopRite of Waterbury

Tuesdays

Kids Nutrition Class
Food and nutrition games and activities.
Must be Boys & Girls Club member.

Time: 4-5pm
Location: Boys and Girls Club of Waterbury

Wednesdays

Community Programming
The dietitian provides free nutrition counseling for patients at the MALTA Clinic. She also does hands on cooking demonstrations.

Time: 1pm-4pm
Location: MALTA Clinic

Fridays

Community Programming
The dietitian brings ingredients and the kids bring the creativity, together they make a healthy snack.

Time: 2pm-4pm
Location: CJR Waterbury

4/14, 4/28

RD and Me Story Time
For children ages 4-7. Come listen to a story and have a healthy snack with the dietitian. Stories are fun, food and nutrition focused.

Time: 10-11am
Location: ShopRite of Waterbury

DATE

Event Name
Place event details here

Time:
Location:

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