

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Kids Cooking Class 11-12pm Wallingford Store
2 OFF	3 Office Hours Southington Store	4 Adult Cooking Class 6-8pm Wallingford Store	5 Girl Scouts Grocery Store Scavenger Hunt 6:45-8pm Wallingford Store	6 Create your own healthy holiday treats 11:30-12:30pm Wallingford Sr Center	7 Build your own Reindeer Chow 1-2pm Northford Sr Center	8 OFF
9 OFF	10 Office Hours Southington Store	11 Office Hours Wallingford Store	12 Better for you Stocking Stuffers Rolling Demo 3:30-5:30pm Southington Store	13 Better Baking Presentation 9-10am Southington Sr Center Design and Dine Class 6-8pm Wallingford Store	14 Associate Wellness Holiday Luncheon 12-3pm Southington Store	15 OFF
16 OFF	17 Design and Dine Class 1:30-3:30 Wallingford Sr Center	18 Healthy Holidays Games and Treats 2:45-4pm Cook Hill School	19 Wellness Wednesday 3:30-7:30pm Wallingford YMCAs	20 Lightened Up Holiday Favorites Demo 12-3pm Southington Store	21 OFF	22 Christmas Party Southington Store
23 OFF	24 OFF	25 Merry Christmas!	26 OFF	27 Bring the grandkids to the sr Center Day 1-2pm Plainville Sr Center	28 Office Hours Wallingford Store	29 Happy and Healthy New Year Demo 12-3pm Southington Store
30 OFF	31 Office Hours Wallingford Store					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Marisa McCoy, MS, RD

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**“Food is there to feel
glorious about, not
guilty about”**

-Lisa Lynch

FREE NUTRITION SERVICES



Marisa also does private in store consultations for all of your health and wellbeing needs! Call, text or email Marisa today to set up your FREE appointment!



EVENT DETAILS

<p>Dec 1 Kids Cooking Class Join Marisa in a hands on cooking experience! This class is a kids only holiday party theme so bring your holiday spirit! Class is just \$20. Sign up at the customer service desk!</p> <p>Time: 11-12pm Location: Wallingford Store</p>	<p>Dec 4 Adult Cooking Class Join Marisa and Chef Ed to create a “fast and classy” holiday menu including lamb chops, stuffed mushrooms and gingerbread mousse! Class is just \$20. Sign up at the customer service desk!</p> <p>Time: 6-8pm Location: Wallingford Store</p>	<p>Dec 5 Girl Scouts Grocery Store Scavenger Hunt The girls will be taking over the store to find healthy ingredients to create a delicious and healthy snack to earn their snack badge!</p> <p>Time: 6:45-8pm Location: Wallingford Store</p>	<p>Dec 6, 7, 13, 27 Create your Own Holiday Treats Marisa will be visiting various local senior centers to spread holiday cheer and teach that holiday treats can be healthy too! Everyone will be able to create their own treat to take home! Yum!</p> <p>Time: Varies Location: Wallingford, Northford, Southington and Plainville Sr Centers</p>
<p>Dec 12 Better for you Stocking Stuffers Rolling Demo Be on the look out as Marisa takes out her new demo shopping cart down the aisles to provide fun samples!</p> <p>Time: 3:30-5:30 Location: Southington Store</p>	<p>Dec 13 Design and Dine Class Join Marisa and Bernadette, our very own talented florist for a fun filled holiday themed class! Each person will create their own Christmas tree floral arrangement center piece while also enjoying healthy and delicious holiday themed appetizers and desserts! Class is just \$39.99. Sign up at customer service desk!</p> <p>Time: 6-8pm Location: Wallingford Store</p>	<p>Dec 13 and 14 Associate Wellness Holiday Luncheon Calling all associates! Join Marisa in the breakroom for some delicious holiday themed appetizers and desserts with recipes! Come hungry! Also enjoy tips and tricks on how to stay happy, healthy and stress free during this fabulous holiday season.</p> <p>Time: 12-3pm Location: 13th-Wallingford, 14th-Southington</p>	<p>Dec 18 Healthy Holidays Games and Treats Schools almost out! But first lets play some fun games, try new healthy foods and create reindeer chow trail mix to bring home for Santa’s reindeer!</p> <p>Time: 2:45-4pm Location: Cook Hill Elementary School</p>
<p>Dec 19 Wellness Wednesday at the Y Marisa will be visiting both locations of the Wallingford YMCA to meet and great with anyone interested in her services! Remember you need to eat well too, to get those abs!</p> <p>Time: East side Branch 3:30-5:30 Location: West side Branch 5:30-7:30</p>	<p>Dec 20 Lightened Up Holiday Favorites Demo Come see Marisa for different recipes on how to eat healthier this holiday while still enjoying the foods you love! Samples are provided!</p> <p>Time: 12-3pm Location: Southington Store</p>	<p>Dec 29 Happy and Healthy New Year Demo Come see Marisa for ideas on what to make for your NYE Parties! Ring in 2019 with some healthy and delicious snacks! Stop by for Samples.</p> <p>Time: 12-3pm Location: Southington Store</p>	

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