

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Office Hours Wallingford Store	2 Foods for Brain Health 12:10 and 1:10 Plainville Library	3 OFF	4 Kids Cooking Class 11-12pm Wallingford Store
5 OFF Happy Cinco de Mayo!	6 Office Hours Both Stores	7 Adult Cooking Class 6-8pm Wallingford Store	8 Dietitian Meeting and Expo NJ Expo Center	9 Office Hours Wallingford Store	10 Healthy side dishes for Mother's Day Demo 12-3pm Southington Store	11 OFF
12 OFF Happy Mother's Day!	13 Office Hours Both Stores	14 Diabetes Store Tour 12:30, 1, 7 and 7:30pm Southington Store	15 Weight Management with Healthy Summer Salads 1-3pm HAI group Cheshire	16 Portion Control and Sugar Hands on Lesson 11-12pm Rushford Young adult services Meriden	17 On the Go Healthy Snacks Demo 12-3pm Wallingford Store	18 OFF
19 OFF	20 Office Hours Both Stores	21 Office Hours Wallingford Store	22 Diabetes Support Group 5:30-7pm Southington Store	23 OFF	24 Office Hours Wallingford Store	25 Memorial Day Party Summer Salads Demo 12-3pm Southington Store
26 OFF	27 Office Hours Both Stores	28 Healthy Lunch on the Go ideas Demo 12-3pm Wallingford Store	29 Office Hours Southington Store	30 Exotic Fruit Demo 9-10am Southington Sr Center Create your Own Trail Mix North Haven Library 6:30-7:30pm	31 Office Hours Southington Store	

MONTHLY FOCUS
Healthy in a Hurry



DIETITIAN

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"If you can dream it,
You can do it."
-Walt Disney

FREE NUTRITION SERVICES



Email, Call or Text Marisa today to schedule your FREE nutrition consultation! Let's get bikini body ready!



EVENT DETAILS

May 2
Foods for Brain Health
 Join Marisa for a “Snack and Learn” at the Plainville Library! We will learn about the “Mind Diet” and discover foods for the prevention of Alzheimer’s Disease and memory loss.

Time: 12:10 and 1:10
 Location: Plainville Library

May 4
Kids Cooking Class
 Join Marisa for some hands on cooking fun! Today we will be making healthy tacos for Cinco de Mayo! Yummy! Kids ages 5-12 are invited. Cost is just \$20 per kid and \$10 per sibling. Sign up at the customer service desk!

Time: 11-12pm
 Location: Wallingford Store

May 7
Adult Cooking Class
 Join Marisa and Chef Ed in a hands on cooking class! This class we will be making healthified restaurant favorites including zoodles! Come hungry! Cost is just \$20. Sign up at the customer service desk.

Time: 6-8pm
 Location: Wallingford Store

May 10
Healthy Side Dishes for Mother’s Day
 Mother’s Day is May 12! So why not make your mom both something healthy AND delicious! Come see and taste what Marisa comes up with!

Time: 12-3pm
 Location: Southington Store

May 14
Diabetes Store Tour
 The Diabetes groups from the Southington YMCA will take a field trip to visit the store! Marisa will be providing store tours to teach label reading and discover fun and healthy new products!

Time: 12:30, 1, 7 and 7:30pm
 Location: Southington Store

May 15
Weight Management and Healthy Summer Salads
 Marisa will be visiting the employees of the HAI group to give a presentation on weight management, meal prepping and creating a delicious salad to taste!

Time: 1-3pm
 Location: HAI group in Cheshire

May 16
Portion Control and Sugar Hands on Lesson
 Marisa will be visiting young adult services to give a fun presentation on the importance of portion control and decreasing sugar consumption so that we can stay fit and healthy!!

Time: 11-12pm
 Location: Rushford young adult services in Meriden

May 17
On the Go Healthy Snacks Demo
 Planning a road trip this summer? Come see what Marisa comes up with for new ideas on fun, healthy and delicious snacks to take on the go! No need for fast food here!

Time: 12-3pm
 Location: Wallingford Store

May 22
Diabetes Support Group
 Join Marisa in a diabetes/pre-diabetes support group! Learn how to be the healthiest you and meet others who share similar struggles! Email/call or text Marisa to join the group! Cost is Free.

Time: 5:30-7pm
 Location: Southington Store

May 25
Memorial Day Party Summer Salads Demo
 Be the life of the party this weekend when you bring a both healthy AND delicious salad to your Memorial Day potlucks!

Time: 12-3pm
 Location: Southington Store

May 28
Healthy Lunch on the Go Demo
 You don’t need to stop for lunch at fast food restaurants if you’re on the go this summer! Instead come see what Marisa creates for healthy on the go lunches!

Time: 12-3pm
 Location: Wallingford Store

May 30
Exotic Fruit Demo
 Time: 9-10am
 Location: Southington Sr Center

Create your own Trail Mix
 Time: 6:30-7:30
 Location: North Haven Library

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