

| 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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Marisa.McCoy@
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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

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!
Time: 11-12pm
Location: Wallingford Store

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!
Time: 6-8pm
Location: Wallingford Store

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!
Time: 6:45-8pm
Location: Wallingford Store

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!
Time: Varies
Location: Wallingford, Northford, Southington and Plainville Sr Centers

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!
Time: 3:30-5:30
Location: Southington Store

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!
Time: 6-8pm
Location: Wallingford Store

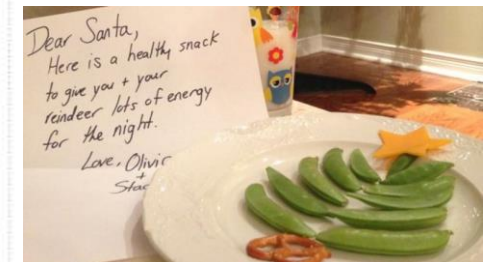
Dec 13 and 14
Associate Wellness Holiday Luncheon
 Calling all associates! Join Marisa in the breakroom for some delicious holiday themed appetizers and desserts with recipes! Come hungry! Also enjoy tips and tricks on how to stay happy, healthy and stress free during this fabulous holiday season.
Time: 12-3pm
Location: 13th-Wallingford, 14th-Southington

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!
Time: 2:45-4pm
Location: Cook Hill Elementary School

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!
Time: East side Branch 3:30-5:30
Location: West side Branch 5:30-7:30

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!
Time: 12-3pm
Location: Southington Store

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.
Time: 12-3pm
Location: Southington Store



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