

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 <b>Anytime Fitness</b> Time: 9- 11 a.m. Location: Anytime Fitness	4 <b>PVEN</b> Time: 8:30- 12 p.m. Location: PVEN	5 <b>Kid's Drop- In Recipe Assembly</b> Time: 4 - 6 p.m.	6	7 <b>Office Hours</b> Time: 1 - 3p.m. Location: Dietitian's Office	8 <b>Catering Expo</b> Time: 11 - 2p.m. Location: Produce
9	10 <b>Well Everyday Demo</b> Time: 1-3 p.m. Location: Produce	11 <b>Lyons Club Holiday Party</b> Time: 6-7 p.m.	12 <b>Office Hours</b> Time: 10 - 2p.m. Location: Dietitian's Office	13 <b>Associate Holiday Party</b> Time: 11 - 3 p.m. Location: Employee Break Room	14 <b>National Pear Month Demo</b> Time: 1-3 p.m. Location: Produce	15
16	17	18 <b>Well Everyday Demo</b> Time: 2- 4 p.m. Location: Produce	19 <b>T.O.P.S.</b> Time: 3:30- 4:30 Location: Western Pocono Community Library	20 <b>Holiday Sampling!</b>	21 <b>Holiday Sampling!</b>	22 <b>Holiday Sampling!</b>
23	24 <b>Holiday Sampling!</b>	25 	26 <b>Employee Sneak Peek</b> Time: 11:30- 1:30 Location: Employee Break	27 <b>College Students: Eating Healthy on a Budget Store Tour</b> Time: 11- 12 p,m,	28 <b>Well Everyday Demo</b> Time: 1-3 p.m. Location: Produce	29
30	31					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



**DIETITIAN**

**Marisa Wagner**  
**MS,RDN**  
Registered Dietitian  
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**"Happy Holidays!"**  
-Marisa, your in-store Registered Dietitian



**FREE NUTRITION SERVICES**



Do you have nutrition questions? Are you looking for tips to help your family live a healthier lifestyle? Marisa can help you achieve your goals! Marisa offers FREE one-on-one nutrition consultations, store tours, lunch and learns, and nutrition-focused community events.  
Call (570) - 402- 2746 email her at marisa.wagner@wakefern.com



**EVENT DETAILS**

<p><b>Monday, December 3<sup>rd</sup></b>  <b>Anytime Fitness</b>                  Marisa will be at an out of store event at Anytime Fitness to teach gym members about the importance of fueling your workout.   <b>Time:</b> 9- 11 a.m.   <b>Location:</b> Brodheadsville Anytime Fitness</p>	<p><b>Tuesday, December 4<sup>th</sup></b>  <b>PVEN Food Pantry</b>                  Marisa will be doing a food demo at PVEN.   <b>Time:</b> 8 a.m. - 12 p.m.  <b>Location:</b> PVEN</p>	<p><b>Wednesday, December 5<sup>th</sup></b>  <b>Free Kid's Drop- In Recipe Assembly</b>                  Have you kids join Marisa for this healthy recipe assembly! Marisa will have everything your child needs to create and eat a healthy snack. No registration required but please let her know ahead of time of any food allergies.   <b>Time:</b> 4:00 – 6:00 p.m.  <b>Location:</b> Demo Station</p>	<p><b>December 7<sup>th</sup> &amp; 12<sup>th</sup></b>  <b>Office Hours</b>                  Have you been interested in making a nutrition counseling appointment with Marisa? Call to schedule your session during these times for and individualized approach to nutrition counseling!   <b>Time:</b> Times vary, see other side of calendar for specific times</p>
<p><b>Saturday, December 8<sup>th</sup></b>  <b>Catering Expo</b>                  Come see Marisa at the holiday catering expo. She will be demoing some healthy ways to entertain this holiday season! The expo will showcase ShopRite of Brodheadsville's catering services! Stop by to learn how to make your holiday entertaining a breeze!   <b>Time:</b> 11 - 2 p.m.  <b>Location:</b> Produce</p>	<p><b>December 10<sup>th</sup>, 18<sup>th</sup> &amp; 28<sup>th</sup></b>  <b>Well Everyday Demo</b>                  Stop by these demos to sample dietitian recommend foods! Come by and learn about tips and tricks for healthy eating and cooking!   <b>Time:</b> Times vary, see other side of calendar for specific times  <b>Location:</b> Demo Station</p>	<p><b>Thursday, December 13<sup>th</sup></b>  <b>Associate Holiday Party</b>                  Marisa will be attending the Associate Holiday Party!</p>	<p><b>Friday, December 14<sup>th</sup></b>  <b>National Pear Month Demo</b>                  Join Marisa for a National Pear Month Demo!   <b>Time:</b> 1- 3 p.m.  <b>Location:</b> Produce</p>
<p><b>Wednesday, December 19<sup>th</sup></b>  <b>T.O.P.S.</b>                  Marisa will be out of the store at Western Pocono Community Library speaking to the members of T.O.P.S. about health and wellness.   <b>Time:</b> 3:30- 4:30 p.m.  <b>Location:</b> Western Pocono Community Library</p>	<p><b>December 20<sup>th</sup>- 22<sup>nd</sup> &amp; 24<sup>th</sup></b>  <b>Holiday Sampling</b>                  Marisa will be sampling out some healthy holiday treats while you do your holiday shopping!</p>	<p><b>Wednesday, December 26<sup>th</sup></b>  <b>Employee Sneak Peak</b>                  Marisa will be hosting an employee exclusive sampling in the employee break room.   <b>Time:</b> 11:30 a.m. – 1:30 p.m.</p>	<p><b>Thursday, December 27<sup>th</sup></b>  <b>Eating Healthy on a Budget Store Tour</b>                  Join Marisa and her dietetic intern as they lead a store tour designed to help college students learn about quick and easy items they can eat while staying on a budget. Please call or email Marisa to sign up for this store tour.  <b>Time:</b> 11 a.m. - 12 p.m.  <b>Location:</b> Meeting at Dietitian's Office</p>

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