



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
28	29	30	31	1	2	3
4	5	6 Hands On Healthy Kids- Union Twp School Time: 3:30 PM Personal Dietitian Consultation Time: 11:00 AM - 12:00 PM	7 Diabetes Support Group Cooking Demo Time: 6:00 PM	8	9	10
11	12 Wellness Monday Walking Club Time: 11:00 AM	13 Hands On Healthy Kids- Union Twp School Time: 3:30 PM	14 "Weigh to go" Kid's Tour Time: 6:00 PM	15	16 GO RED For Women, Food Sampling & Education Table Time: 12:30 PM	17 Girls Scout Store Tour Time: 2:30 PM
18	19 Wellness Monday Walking Club Time: 11:00 AM	20 Hands On Healthy Kids- Union Twp School Time: 3:30 PM	21 Most Nutritional Bang for Your Buck Time: 6:00 PM	22 Personal Dietitian Consultation Time: 10:00 AM - 12:00 PM	23	24
25	26 Wellness Monday Walking Club Time: 11:00 AM	27 Hands On Healthy Kids- Union Twp School Time: 3:30 PM	28	1	2	3



Sheila Suerig
Dietitian

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FREE NUTRITION SERVICES

DIETITIAN
Sheila Suerig
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DATE: February 6,13,20,27

Hands On Healthy Kids-Union Twp School

What better way to excite your kids about healthy eating than a hands on, 6 week curriculum brought to you in partnership with RWJ ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 14

"Weigh to go" Kid's Tour

Get your kids more involved in their nutrition by showing them how fun healthy shopping can be! This immersive store-tour will ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 6,22

Personal Dietitian Consultation

Everybody's nutrition journey is unique. Start your road to a healthier life with a one-one-one counseling session with your ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 16

GO RED For Women, Food Sampling & Education Table

Did you know..that Heart Disease is the number 1 killer of women? Come visit our GO Red Table and learn how to decrease your risk ...

Cost: \$0.00

Duration: 4:30 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 7

Diabetes Support Group Cooking Demo

Whether prevention is on your mind, or you've been given a pre-diabetic or diabetic diagnosis and feel lost as to what's next, the ...

Cost: \$0.00

Duration: 1:30 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 17

Girls Scout Store Tour

Get your kids more involved in their nutrition by showing them how fun healthy shopping can be! This immersive store-tour will ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 12,19,26

Wellness Monday Walking Club

Get your steps in with support! Join your in-store dietitian as you put one foot in front of the other to reach a healthier ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

DATE: February 21

Most Nutritional Bang for Your Buck

Eating healthy is an investment in your wellness, but it doesn't have to be a significant investment in your wallet! Save more by ...

Cost: \$20.00

Duration: 2:00 Hours

Location: ShopRite of Clinton, 50 Walmart Plaza

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