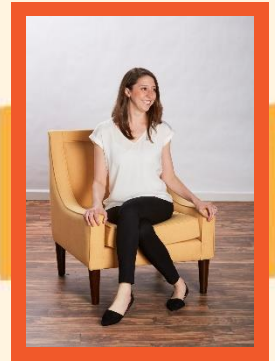


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Girl Scout Tour Time: 9am Location: ShopRite Jackson
2	3 Kids Cook Monday Time: 5:00pm Location: Murray Grove Retreat Center	4 Girl Scout Tour 4:30pm Girl Scout Manahawkin ShopRite	5	6	7	8
9	10	11	12 Snack Attack 3:45pm Oasis Family Success Center 6:15pm Cub Scout Tour Manahawkin	13 Adult Yoga classes 9:30am, 11am, 2pm & 6:30pm ShopRite of Jackson	14	15 Kids Cooking Classes Time: 10am & 2pm Location: ShopRite of Jackson
16	17 Girl Scouts Store Tour Time: 3:45pm Location: ShopRite of Jackson	18 Lakewood Cooking Program Time: 6:00pm Location: Lakewood Library	19	20 Adult Yoga classes 9:30am, 11am, 2pm & 6:30pm ShopRite of Jackson	21	22
23	24	25 MERRY CHRISTMAS!	26	27 Adult Yoga classes 9:30am, 11am, 2pm & 6:30pm ShopRite of Jackson	28	29
30	31					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

JENNIFER KLEIN
MS, RD

p:732-341-0700 ext. 57
e:
jenn.klein@wakefern.com

FREE NUTRITION SERVICES



EVENT DETAILS

SCOUT TOURS

Girl Scouts and Cub Scouts will participate in a store tour focused on healthy eating!

Saturday Dec. 1, 9am - ShopRite of Jackson
 Tuesday Dec. 4, 4:30pm - ShopRite of Manahawkin
 Wednesday, Dec. 12 6:15pm - Manahawkin
 Monday Dec. 17, 3:45pm - ShopRite of Jackson

WEDNESDAY, DECEMBER 12

Oasis Family Success Center Cooking Classes
 Hands-on family cooking classes

Time: 3:45pm
 Location: Oasis family Success Center, Barnegat

TUESDAY, DECEMBER 18

Kids Cooking Classes
 Kids will learn how to make a simple healthy snack!

Time: 6:00pm
 Location: Lakewood Library

EVERY THURSDAY

Free Yoga Classes
 Breath, stretch and relax in our free yoga classes, right in ShopRite!

Time: 9:30am, 11am, 2pm & 6:30pm
 Location: ShopRite of Jackson
 Registration required as space is limited. Please register weekly at the courtesy booth.

SATURDAY, DECEMBER 15

Kids Cooking Class
 Join us for a hands on cooking class right at ShopRite!

Time: 10am & 12pm
 Location: ShopRite of Jackson
 Registration Required. Please register at the courtesy booth.

FREE NUTRITION SERVICES



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