

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------------|---|---|--|--|--|
| | | | | | | 1 Office Hours Angela 7-3 |
| 2 | 3 | 4 Better Baking Time: 1 pm Location: Across from Pharmacy Angela 8-4:30 | 5 Office Hours Angela 10-6:30 | 6 Eat Well. Be Happy. Time: 3:30 pm Location: Conference Room Jenna 9:30-6 | 7 Dietitian Region Meeting Location: ShopRite of Country Pointe Angela & Jenna 8-4:30 | 8 Better Baking Time: 11 am Location: Across from Pharmacy Jenna 7:30-3:30 |
| 9 | 10 Office Hours Jenna 10-6:30 | 11 Suffolk County Food Policy Meeting Angela & Jenna 8-4:30 | 12 Stocking Stuffers Time: 1 pm Location: Across from Pharmacy Angela 10-6:30 | 13 Eat Well. Be Happy. Time: 3:30 pm Location: Conference Room Jenna 9:30-6 | 14 Office Hours Angela 8-4:30 | 15 |
| 16 Lightened Up Holiday Favs Time: 11 am Location: Across from Pharmacy Angela 7-3 | 17 | 18 Produce Pick Time: tba Jenna 10-6:30 | 19 Office Hours Angela 8-4:30 | 20 Eat Well. Be Happy. Time: 3:30 pm Location: Conference Room Jenna 9:30-6 | 21 Office Hours Angela 8-4:30 & Jenna 9-5:30 | 22 |
| 23 Associate Wellness Jenna 7:30-3:30 | 24 | 25 | 26 | 27 Eat Well. Be Happy. Time: 3:30 pm Location: Conference Room Jenna 8:45-9:15 | 28 Office Hours Jenna 10-6:30 | 29 |
| 30 | 31 | | | | | |

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Angela McKelvey, RD, DTR
Jenna Brown, RDN
Retail Dietitians

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FREE NUTRITION SERVICES



Angela and Jenna provide FREE Nutrition Services such as: Nutrition counseling, grocery store tours, community events, kids and adult cooking classes and MORE! Contact us today!



EVENT DETAILS

Tuesday, December 4th @ 1pm
Saturday, December 8th @11 am
Holiday Favs
 All month long, we are highlighting healthy holiday favorites. This week, we are focusing on better baking alternatives!

Location: Across from Pharmacy

Every Thursday
Eat Well. Be Happy. Weight Management Series
 In ShopRite's FREE 6 Week Weight Management Series Jenna will teach you strategies to make healthy lifestyle choices to accomplish your goals! Over the 6 weeks, participants learn about: Portion Sizes, Importance of Breakfast, Eating Healthy on the GO, Label Reading, Cooking for Weight Loss, How to Maintain-Not gain
 Time: 3:30-445

Wednesday, December 12th
Holiday Favs
 All month long, we are highlighting healthy holiday favorites. This week is all about stocking stuffers!

Time: 1 pm
 Location: Across from Pharmacy

Sunday, December 16th
Event Name
Holiday Favs
 All month long, we are highlighting healthy holiday favorites. This week we are giving tips on how to lighten up your favorite holiday dishes.

Time: 11 am
 Location: Across from Pharmacy

Tuesday, December 18th
Produce Pick of the Week
 Vary your veggies and focus on fruits by choosing our produce pick each week. Stop by to sample and learn what we are highlighting!

Time: tba
 Location: Across from Pharmacy

Office Hours
 By appointment
 Do you have Diabetes? High Blood Pressure? High cholesterol? Or, are you looking to lose and live an overall healthier lifestyle? Angela is available for FREE nutrition counseling to help you meet your goals. Schedule your 1:1 appointment for personalized advice.

Location: Dietitian's office

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 Angela McKelvey, RD, DTR
 Jenna Brown, RDN
 Retail Dietitians
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