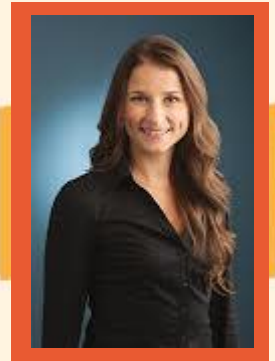


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 High School Sports Nutrition Talk Time: 9:30am Location: Sachem North High School Hours: 8:30am-5pm	4 Nutrition Counseling Available Hours: 10:30am-7pm	5 Nutrition Counseling Available Hours: 8:30am-5pm	6 Nutrition Counseling Available Hours: 8:30am-2pm	7 Regional Dietitian Meeting Time: 9am Location: ShopRite of Country Pointe Hours: 9am-12pm	8 Nutrition Counseling Available Hours: 8am-4:30pm
9 OFF	10 High School Nutrition Talk Time: 7am Location: Sachem North High School Hours: 7am-3:30pm	11 Nutrition Counseling Available Hours: 10:30am-7pm	12 Nutrition Counseling Available Hours: 8:30am-5pm	13 High School Nutrition Talk Time: 7am Location: Sachem North High School Hours: 7am-3:30pm	14 High School Nutrition Talk Time: 7am Location: Sachem North High School Hours: 7am-3:30pm	15 OFF
16 OFF	17 Nutrition Counseling Available Hours: 8:30am-5pm	18 Eat Well Be Happy Support Group Time: 7pm Location: Conference Room Hours: 12:30pm-9pm	19 Galileo Pre-School Kids Cooking Activity Time: 10:30am Location: Galileo Pre-School Hours: 8:30-5pm	20 Healthy Holiday Cooking Demo Time: 1:30pm Location: Near Dietitian's Office Hours: 8:30-4pm	21 OFF	22 Employee Oatmeal Breakfast Time: 9am Location: ShopRite of Selden Breakroom Hours: 8am-4:30pm
23 OFF	24 OFF	25 OFF	26 Nutrition Counseling Available Hours: 8:30am-5pm	27 Nutrition Counseling Available Hours: 8am-4:30pm	28 Nutrition Counseling Available Hours: 8am-4:30pm	29 Nutrition Counseling Available Hours: 8am-4:30pm
30 OFF	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Robyn Kenul
Registered Dietitian

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“Work on some pre-resolutions during the holiday season so that your New Year’s resolutions will be easier to achieve.”

-Robyn Kenul



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EVENT DETAILS

<p>12/3 High School Talk Robyn will be traveling to local high schools to teach students about nutrition.</p> <p>Time: 7am Location: Sachem North High School</p>	<p>12/7 Regional Dietitian Meeting Robyn will be out of the office attending a regional dietitian meeting.</p> <p>Time: 9am Location: ShopRite of Country Pointe</p>	<p>12/10 High School Talk Robyn will be traveling to local high schools to teach students about nutrition.</p> <p>Time: 7am Location: Sachem North High School</p>	<p>12/13 and 12/14 High School Talk Robyn will be traveling to local high schools to teach students about nutrition.</p> <p>Time: 7am Location: Sachem East High School</p>
<p>12/18 Eat Well Be Happy Support Group Anyone is welcome to attend our monthly support group that encourages healthy eating and weight loss.</p> <p>Time: 7pm Location: Conference Room</p>	<p>12/19 Pre-School Cooking Demo Robyn will be traveling to a local pre-school to teach 3-4 year olds about new healthy foods.</p> <p>Time: 10:30am Location: Galileo Pre-School</p>	<p>12/20 Holiday Cooking Demo Stop by and try some delicious holiday themed food and pick up one of our seasonal cookbooks as well!</p> <p>Time: 1:30pm Location: Near Dietitian's Office</p>	<p>12/22 Oatmeal Breakfast for Employees Hey associates! Stop by the breakroom today during breakfast for a hot bowl of oatmeal with all the toppings. Also learn about the wellness contests happening in the new year.</p> <p>Time: 9am-12pm Location: Breakroom</p>

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