

NUTRITION NEWS

Monthly Health and Wellness Events at
ShopRite of West Milford with in-store
Dietitian Megan!

JUNE 2018

6/2: Road to Senior Resources - 11-3PM

Location: West Milford Recreation Center

6/4: Balanced Snack Demo - 2-4PM

6/5: Diabetes Support Group - 6:30-8PM

Location: West Milford Library

6/7 Open Counseling Hours - 10-4PM

***Contact Megan or go to events.shoprite.com to reserve a time!**

6/11 Balanced Picnic Picks Demo - 5-7PM

6/14 Meet Megan! - 9-11AM

6/15 Men's Health Month Demo - 12-2PM

6/20 National Dairy Month Demo - 2-4PM

6/21 Produce Pick Demo - 1-3PM

6/23: Balanced Shopping Cart Demo - 11:30-1:30PM

6/ 24: Meals Made Well Demo - 12-2PM

6/27: Balanced Dinner Demo - 3-5PM

For more information contact
Megan at 201-783-4252 or
megan.scutti@wakefern.com

****Events held at Dietitian's Corner in ShopRite of West Milford unless otherwise noted on calendar**