



Carly Sopko, RD

Dietitian Calendar of Events

January 2015

Live Right with the ShopRite of Washington



All events and programs are subject to change without notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join Carly for her 6-week weight management series beginning January 12. Don't miss out on this opportunity for nutrition lessons from a Registered Dietitian on topics to support your weight loss goals including portion sizes, label reading, healthy cooking and store tours! Email carly.sopko@wakefern.com to sign up!</p>				1	2 (OFF)	3 Private Cooking Class Birthday Party
4	5 Smoking Cessation Informational Table & Support 12-1pm & 5-6pm	6 Girl Scout Cooking Class 4pm <i>Simple Meals</i>	7 Brownie Girl Scout Cooking Class 4:15pm <i>Snack Building</i>	8 FREE Kids Cooking Class Ages 5-7 4-5pm	9 Girl Scout Cooking Class & Nutrition Lesson 3:45pm	10 (OFF)
11	12 <i>Eat Well - Be Happy</i> FREE Weight Management Series 6-7pm	13 Grocery Store Tour: Washington Head Start Classes Chef & Dietitian Culinary Class \$20 7-9pm	14 Community Presentations @ Memorial Elementary School 3 rd Grade	15 Chef & Dietitian Kids Culinary Workshop \$20 per adult & child 4-5:30pm *sign up at the courtesy desk	16 FREE Health Screening <ul style="list-style-type: none"> • BMI • Blood pressure • Body fat percent 8am-12pm	17 <i>Cereal Sampling!</i> 11am-1pm
18	19 <i>Eat Well - Be Happy</i> FREE Weight Management Series 6-7pm	20	21 Daisy Girl Scout Cooking Class 3:15pm <i>Garden Foods</i>	22 Boy Scout Cooking Class 6pm	23 Community Talk @ Youth Corp 9:45am	24 (OFF)
25	26 <i>Eat Well - Be Happy</i> FREE Weight Management Series 6-7pm	27 (OFF)	28 FREE Kids Cooking Class Ages 3-4 12-1pm	29 	30 SUPERBOWL Buffalo Chicken Dip Sampling 10am-3pm	31 SUPERBOWL Buffalo Chicken Dip Sampling 10am-3pm

Do you have nutrition questions? Are you looking for tips to help your family live a healthier lifestyle? Carly can help you achieve your goals! Carly offers FREE one-on-one nutrition consultations and nutrition-focused community events. Call (908) 835-0761 or email her directly at carly.sopko@wakefern.com.