




Carly Sopko, RD

Dietitian Calendar of Events

February 2015

Live Right with the ShopRite of Washington



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Eat Well - Be Happy</i> FREE Weight Management Series 6-7pm	3 Community Talk @ Washington Kid Care 10am	4 Out of Store: Dietitian Meeting	5 (OFF)	6 <i>Helping Families Eat Better</i> Demo & Sampling 12-1pm	7 Heart Healthy Information & Samples 11am-1pm
8	9 <i>Eat Well - Be Happy</i> FREE Weight Management Series 6-7pm	10 Chef & Dietitian Adult Culinary Class \$20 7-9pm <i>Sign up at the courtesy desk</i>	11 Brownie Girl Scout Cooking Class: <i>Healthy Snacks</i> 3:45pm	12 FREE Kids Cooking Class Ages 8-12 4-5pm <i>*email Carly to sign up</i>	13 Brownie Girl Scout Cooking Class: <i>Healthy Choices</i> 5pm	14 (OFF)
15	16 <i>Eat Well - Be Happy</i> FREE Weight Management Series 6-7pm	17 FREE Cholesterol Screening 10am-2pm	18 Community Talk @ Taylor Street School 11:30am	19 Chef & Dietitian Kids Culinary Workshop \$20 per adult & child 4-6pm <i>Sign up at the courtesy</i>	20 <i>Helping Families Eat Better</i> Demo & Sampling 12-1pm	21  FREE Kids Day Sample & Activity 11am-1pm
22	23 FREE Kids Cooking Class Ages 3-4 1-2pm <i>*email Carly to sign up</i>	24	25 <i>Helping Families Eat Better</i> Demo & Sampling 1-2pm	26 (OFF)	27 (OFF)	28 (OFF)

Free Cholesterol Screening

Stop by our screening station near the front of aisle 6 to have your cholesterol tested. No appointment needed.

Calling all local teachers!

Are you interested in a free guest speaker for your classroom? Carly can come to your class to talk about healthy snacks and label reading

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.