

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Personal Dietitian Consultation Hours Lawnside Time: 1:00PM - 4:00PM
3	4 Dietitian Snack Demo: Lawnside Time: 12:00PM	5 Personal Dietitian Consultation Hours Lawnside Time: 8:00AM - 12:00PM	6	7	8 Personal Dietitian Consultation Hours Lawnside Time: 10:00AM - 5:00PM	9
10	11 Produce Pick Lawnside Time: 11:00AM	12 Weight Loss Support Group Lawnside Time: 5:00PM	13 Personal Dietitian Consultation Hours Lawnside Time: 10:00AM - 5:00PM	14 Personal Dietitian Consultation Hours Lawnside Time: 10:00AM - 6:00PM	15 Dietitian Demo: Time: 11:00AM	16
17	18 Dietitian Demo: Time: 12:00PM	19 Personal Dietitian Consultation Hours Lawnside Time: 12:00PM - 7:00PM	20 Personal Dietitian Consultation Hours Lawnside Time: 9:00AM - 5:00PM	21 Personal Dietitian Consultation Hours Lawnside Time: 8:00AM - 4:00PM	22 Store Tour Time: 10:30AM	23
24 Community Event Time: 7:00AM	25 Snack Attack! Time: 4:00PM	26	27	28 Personal Dietitian Consultation Hours Lawnside Time: 9:00AM - 5:00PM	29 Dietitian Demo: Time: 11:00AM	30 Lawnside Day Time: 8:00AM



Adrienne Olah, RDN
Retail Dietitian
P: 856-547-2590 ext 7
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FREE NUTRITION SERVICES

- Nutrition Counseling
- Community Events
- Store Tours
- Health Screenings
- Kids' Nutrition Education Programs



EVENT DETAILS

June 2,5,8,13,14,19,20, 21,28

Personal Dietitian Consultation Hours Lawnside

Use a personal counseling session to start or continue your path of a healthier life.

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 4

Dietitian's Snack Demo- Lawnside

Stop by to taste one of Adrienne's favorite snacks!

Duration: 3:00 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 11

Produce Pick- Lawnside

Find Adrienne in the produce section and sample her pick of the week!

Duration: 4.00 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 12

Weight Loss Support Group- Lawnside

Join this group to stay on track with your weight loss goals!

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 15,18,29

Dietitian Demo - Lawnside

Stop by to try one of Adrienne's favorite recipes! Samples and recipes will be provided.

Duration: 3.00 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 22

Store Tour - Lawnside

Sign up for this informative store tour!

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 24

Community Event - Lawnside

Your dietitian not only helps at the store level, but out in the community as well!

Duration: 6.00 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 25

Snack Attack!

Adrienne visits the library to teach nutrition and make a snack!

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

June 30

Lawnside Day

The ShopRite Team will be in attendance to support the community!

Duration: 8 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike



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