

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 8:00AM - 1:00PM	<b>2</b> <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 5:00PM	<b>3</b> <b>Young Consumer Program-St. Mary's Store Visit</b> Time: 9:00AM	<b>4</b>	<b>5</b> <b>Dietitian Demo:</b> Time: 12:00PM
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>Nutrition Group Meeting</b> Time: 9:00AM	<b>10</b>	<b>11</b> <b>Girl Scout Troop Visit</b> Time: 3:30PM	<b>12</b> <b>Hands On Healthy Kids</b> Lawnside Time: 1:30PM
<b>13</b>	<b>14</b> <b>Dietitian Snack Demo:</b> Lawnside Time: 11:00AM	<b>15</b> <b>Weight Loss Support Group</b> Lawnside Time: 6:00PM	<b>16</b> <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 10:00AM - 4:00PM	<b>17</b>	<b>18</b> <b>Lawnside Health Fair</b> Time: 7:30AM	<b>19</b>
<b>20</b> <b>Dietitian Demo:</b> Time: 12:00PM	<b>21</b> <b>Snack Attack!</b> Time: 4:00PM	<b>22</b> <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 4:00PM	<b>23</b> <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 8:00AM - 3:00PM	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 5:00PM	<b>30</b> <b>Hands On Healthy Kids</b> Lawnside Time: 5:00PM	<b>31</b>		



**Adrienne Olah, RDN**  
Retail Dietitian  
P: 856-547-2590 ext 7  
C: 609-605-8211  
Adrienne.Olah@wakefern.com

**FREE NUTRITION SERVICES**

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



## EVENT DETAILS

**May 1, 2, 16, 22, 23, 29**

### Personal Dietitian Consultation Hours Lawnside

Start your road to a healthier life or continue your path with a personal counseling session.

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 3**

### Young Consumer Program- St. Mary's Store Visit

Adrienne will be at the ShopRite of Medford to help with YCP.

Duration: 2:30 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 5, 20**

### Dietitian's Demo

Stop by to try one of your in-store dietitian's favorite recipes! Samples and recipes will be provided.

Duration: 3 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 11**

### Girl Scout Troop Visit

Brownie Troop 30729 will be earning a badge at ShopRite.

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 12, 30**

### Hands On Healthy Kids- Lawnside

Join Adrienne for this class which teaches kids about nutrition and its benefits.

Duration: 1 Hour

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 14**

### Dietitian's Snack Demo- Lawnside

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

Duration: 3 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 15**

### 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

**May 18**

### Lawnside Health Fair May 2018

Adrienne will have a booth at the fair.

Duration: 8 Hours

Location: ShopRite of Lawnside, 130 North White Horse Pike

**May 21**

### 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



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