

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Hands on Healthy Kids Medford Summer Time: 3:00PM	3	4
5	6	7 Medford Personal Dietitian Consultation Time: 10:00AM - 2:00PM Snack Attack! Time: 4:00PM	8	9 Medford Personal Dietitian Consultation Time: 9:00AM - 11:00AM Hands on Healthy Kids Medford Summer Time: 3:00PM	10	11
12	13 A Hint of Chocolate Fiesta Adult Culinary Class Time: 6:30PM	14 Medford Personal Dietitian Consultation Time: 11:00AM - 5:00PM August Weight Loss Support Group Time: 6:00PM	15	16 Medford Personal Dietitian Consultation Time: 9:00AM - 11:00AM Hands on Healthy Kids Medford Summer Time: 3:00PM	17	18
19	20 Dietitian's Pick Demo Time: 10:00AM	21 Medford Personal Dietitian Consultation Time: 10:00AM - 4:00PM	22 Medford Personal Dietitian Consultation Time: 10:00AM - 4:00PM	23	24	25
26	27 Dietitian's Pick Demo Time: 10:00AM	28 Dietitian's Pick Demo Time: 10:00AM	29	30	31	



Beth Ann Peterson, RD
Domenica Toscani, RDN
 Retail Dietitian
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FREE NUTRITION SERVICES

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



EVENT DETAILS

August 2, 9, 16

Hands on Healthy Kids Medford Summer

A kids hands on learning experience to make a dish and go on a scavenger hunt.

Duration: 1 Hour

Location:

ShopRite of Medford
Rt. 70 & Charles Street

August 7

Snack Attack!

Kids, Join the dietitian to make a healthy snack! Learn about the food groups and more.

Duration: 1 Hour

Location:

ShopRite of Medford
Rt. 70 & Charles Street

August 7, 9, 14, 16, 21, 22

Medford Personal Dietitian Consultation Hours

Schedule your one-one-one counseling session with your in-store dietitian.

Duration: 1 Hour

Location:

ShopRite of Medford
Rt. 70 & Charles Street

August 13

A Hint of Chocolate Fiesta Adult Culinary Class

Explore fun ways to incorporate chocolate into better-for-you meals.

Cost: \$20.00

Duration: 2 Hours

Location:

ShopRite of Medford
Rt. 70 & Charles Street



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