

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 <b>National Night Out</b> Lawnside Time: 6:00PM	8 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 4:00PM	9 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 5:00PM	10 <b>Dietitian Favorite's Demo</b> Lawnside Time: 10:00AM	11 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 10:00AM - 4:00PM
12	13 <b>Snack Attack! at Bellmawr Library</b> Time: 2:30PM	14 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 4:00PM	15 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 8:00AM - 3:00PM	16 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 5:00PM	17 <b>Product Pick</b> Lawnside Time: 11:00AM	18
19	20 <b>Dietitian Demo 4H</b> Lawnside Time: 11:00AM	21 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 4:00PM	22	23 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 6:00PM	24 <b>Product Pick</b> Lawnside Time: 11:00AM	25
26 <b>Dietitian Demo</b> Lawnside Time: 11:00AM	27	28	29 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 8:00AM - 3:00PM	30 <b>Personal Dietitian Consultation Hours</b> Lawnside Time: 9:00AM - 6:00PM	31 <b>Dietitian Demo 4H</b> Lawnside Time: 11:00AM	



**Adrienne Olah, 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 7

#### National Night Out - Lawnside

Adrienne and other ShopRite associate will be handling out water and fruit at this event!

Cost: \$0.00

Duration: 3 Hours

Location: ShopRite of Lawnside,  
130 North White Horse Pike

### August 8, 9, 11, 14, 15, 16, 21, 23, 29, 30

#### Personal Dietitian Consultation Hours - Lawnside

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

Cost: \$0.00

Duration: 1 Hour

Location: ShopRite of Lawnside,  
130 North White Horse Pike

### August 10

#### Dietitian Favorite's Demo Lawnside

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

Cost: \$0.00

Duration: 3 Hours

Location: ShopRite of Lawnside,  
130 North White Horse Pike

### August 13

#### Snack Attack! at Bellmawr Library

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

Cost: \$0.00

Duration: 1 Hour

Location: Bellmawr Library,  
35E. Browning Rd., Bellmawr, NJ 08031

### August 17, 24

#### Produce Pick - Lawnside

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

Cost: \$0.00

Duration: 3 Hours

Location: ShopRite of Lawnside,  
130 North White Horse Pike

### August 20, 31

#### Dietitian Demo 4H Lawnside

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

Cost: \$0.00

Duration: 4 Hours

Location: ShopRite of Lawnside,  
130 North White Horse Pike

### August 26

#### Dietitian Demo - Lawnside

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

Cost: \$0.00

Duration: 3 Hours

Location: ShopRite of Lawnside,  
130 North White Horse Pike



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