



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
24	25	26	27	28	1	2
3 Dietitian Demo - Lawnside Time: 11:00 AM	4	5 Personal Dietitian Consultation Hours- Lawnside Time: 8:00 AM - 12:00 PM	6	7 Personal Dietitian Consultation Hours- Lawnside Time: 9:00 AM - 5:00 PM	8	9
10	11 Snack Attack! at Bellmawr Library Time: 4:00 PM	12	13 Registered Dietitian Day! Time: 11:00 AM	14 Personal Dietitian Consultation Hours- Lawnside Time: 9:00 AM - 5:00 PM	15	16
17	18	19 Personal Dietitian Consultation Hours- Lawnside Time: 9:00 AM - 5:00 PM	20	21 Personal Dietitian Consultation Hours- Lawnside Time: 11:00 AM - 1:00 PM	22 Community Event - Lawnside Time: 11:00 AM	23
24	25	26 Snack Attack! at Haddon Township Library Time: 3:30 PM	27 Community Event - Lawnside Time: 9:00 AM	28	29	30 National Nutrition Month Festival! Time: 11:00 AM
31	1	2	3	4	5	6



**Adrienne Olah**  
Dietitian

p: (856) 547-2590 Ext. 7  
e: [adrienne.olah@wakefern.com](mailto:adrienne.olah@wakefern.com)



**FREE NUTRITION SERVICES**  
DIETITIAN  
Adrienne Olah  
(856) 547-2590 Ext. 7  
[adrienne.olah@wakefern.com](mailto:adrienne.olah@wakefern.com)



DATE: March 3

### Dietitian Demo - Lawnside

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

Cost: \$0.00

Duration: 3:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: March 22,27

### Community Event - Lawnside

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

Cost: \$0.00

Duration: 3:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: March 5,7,14,19,21

### Personal Dietitian Consultation Hours- Lawnside

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

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: March 26

### Snack Attack! at Haddon Township Library

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

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: March 11

### Snack Attack! at Bellmawr Library

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

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: March 30

### National Nutrition Month Festival!

Adrienne will be hosting a festival in honor of National Nutrition Month!

Cost: \$0.00

Duration: 4:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: March 13

### Registered Dietitian Day!

Meet and Greet with the Dietitian! Interact with Adrienne: ask questions, try a sample, ...

Cost: \$0.00

Duration: 8:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DIETITIAN  
Adrienne Olah  
(856) 547-2590  
adrienne.olah@wakefern.com