

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>Nutrition Group Meeting</b> Time: 9:30AM	3 <b>Community Event Lawnside</b> Time: 9:00AM	4
5	6 <b>Snack Attack! at Bellmawr Library</b> Time: 4:00PM	7 <b>Eat Well Be Happy Lawnside</b> Time: 6:30PM	8 <b>Nutrition Group Meeting</b> Time: 8:00AM	9	10 <b>Dietitian Demo Lawnside</b> Time: 12:00PM	11 <b>Personal Dietitian Consultation Hours Lawnside</b> Time: 8:00AM - 4:00PM
12	13 <b>Personal Dietitian Consultation Hours Lawnside</b> Time: 9:00AM - 4:00PM	14 <b>Eat Well Be Happy Lawnside</b> Time: 6:30PM	15	16 <b>Personal Dietitian Consultation Hours Lawnside</b> Time: 9:00AM - 12:00PM	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



**Adrienne Olah, RDN**  
**Retail Dietitian**

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adrienne.olah@wakefern.com

**FREE NUTRITION SERVICES**

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



## EVENT DETAILS

**May 2, 8**

### **Nutrition Group Meeting**

Adrienne will be at a meeting

**May 3**

### **Community Event**

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

**May 6**

### **Snack Attack! at Bellmawr Library**

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

**May 7, 14**

### **Eat Well Be Happy**

This class is for you if you want to build healthy habits for a life of well-being!

Duration: 1:00 Hour

Location: ShopRite of Lawnside  
130 N White Horse Pike

**May 10**

### **Dietitian Demo - Lawnside**

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

**May 11, 13, 16**

### **Personal Dietitian Consultation Hours Lawnside**

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

Duration: 1:00 Hour

Location: ShopRite of Lawnside  
130 N White Horse Pike



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