



MIND ▶ BODY ▶ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience

## Grocery Shop with Nikki the Nutritionist

Have you ever  
wanted to have a  
nutritionist with you  
while you  
grocery shop?



Join **Hackensack Meridian Integrative Health & Medicine Nutritionist, Nicole Cerillo, RD, LDN** at **Dean's Natural Food Market** to do just that!

Nikki will share her tips for healthy shopping, buying organic, and some of her favorite products.

**Wednesday March 1, 6:00 p.m. to 7:00 p.m.**  
**Dean's Natural Food Market**  
**490 Broad Street, Shrewsbury**

OR

**Wednesday April 5, 6:00 p.m. to 7:00 p.m.**  
**Dean's Natural Food Market**  
**1119 Hwy 35, Ocean**

This event is free but registration is required as space is limited.

Call 1-800-DOCTORS<sup>®</sup> or visit [www.MeridianIntegrativeMedicine.com](http://www.MeridianIntegrativeMedicine.com) to register.

**Hackensack Meridian  
Integrative Health & Medicine**

**DEAN'S**  
NATURAL FOOD MARKET