



IL GIORNALE

ITALIAN AMERICAN HERITAGE CLUB OF HUNTERDON COUNTY

POST OFFICE BOX 2466 ♦ FLEMINGTON ♦ NEW JERSEY ♦ 08822 ♦ WWW.ITALIANAMERICANHC.ORG

September Program - Susan LangSapora, RD

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Susan Lang-Sapora is a registered dietitian nutritionist who received her nutritional science degree from Cornell University. She has been involved in community health and nutrition for over 20 years working at public health organizations such as the Floating Hospital in NY City, the Mercer County Trenton WIC (Women, Infants and children) Program, The Center for Nutrition & Diabetes Management, and currently at the ShopRite of Flemington.

Sue is one of two dietitians at the Flemington ShopRite and provides free nutrition education and counseling to shoppers, associates and the community. Health and wellness services offered at ShopRite include one on one nutritional counseling, group or individual store tours, cooking programs for children and adults, health fairs, community presentations, in store healthy food demonstrations, quarterly in store health screenings, and more.

Susan was honored on September 17, 2014 at the first of Hunterdon Helpline's 45th anniversary celebratory dinners, The Trio. Sue was named the 2014 recipient of the Hunterdon Help Lines Exemplary Service to our Community Award and a 2015 TWIN (Tribute to Women in Industry) honoree.

Pictured (from left) is Hunterdon Helpline's Board of Trustees' president Darlene Shaffer of Bedard Kurowicki & Co.; Susan Lang-Sapora; and Susan Lax, Helpline Executive Director.



Calendar of Events

Current Meeting

9/19 - Susan LangSapora, RD Dietitian at the Flemington ShopRite will discuss The Mediterranean Diet.

Upcoming Programs/Events

9/23 - Annual Club Picnic

9/24 - John Basilone Parade

10/18 - TBD

11/5 - Homemade Wine Tour and Meatball Showcase, Kingwood Township Firehouse

11/14 - TBD

Please send suggestions for future programs and newsletter contributions to Jack Aquila.

Italian American Heritage Club of Hunterdon County



Buffet Dinner Meeting

\$29

Tuesday, Sept 19, 2017

THE FARMHOUSE AT THE GRAND COLONIAL Meeting starts at 6:45PM

RSVP by 9/15

Rose DeSantis
908-310-9844
desantis_rose@yahoo.com

Reservation cancellations must be made a minimum of 24 hours prior to the meeting or payment will be mandatory because the Club will be charged for the dinner.