

**NEW!**

# **SUPERMARKET SMARTS:** **Grocery Tour for People with Diabetes**



Join one of our registered dietitians for a **FREE** supermarket tour to learn more about:

- navigating the grocery store
- healthy eating for people with diabetes
- how to use nutrition labels to make food choices that are right for you

**When:** Tuesday, March 28th, 2017

**Time:** 10:00am - 12:00 noon

**Where:** Fortinos Eastgate Mall

**RSVP:** Contact **(905) 667-4863** or [Nutrition.Groups@HamiltonFHT.ca](mailto:Nutrition.Groups@HamiltonFHT.ca) to register or for more information.



**Hamilton** Family Health Team  
*Better care, together.*

**NUTRITION**

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