

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, September 26th, 2017

Time: 10:00am - 12:00 noon

Where: Fortinos Mall Road

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



Hamilton Family Health Team
Better care, together.

NUTRITION

MENTAL HEALTH

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