


# Healthy supermarket tours

.....For anyone who is interested in good health

**Supermarket tours are a fun way to learn how to make healthier food choices for you and your family. As part of the two-hour tour, a dietitian will show you how to read and understand food labels and select healthy foods.**

**These tours are suitable for anyone with diabetes, pre-diabetes, high cholesterol or anyone who is interested in healthy eating and weight management.**

**A show bag of information and a pocket sized healthy shopping guide booklet is included as part of the tour cost and helps to take all the hard work out of food shopping.**

DATE	TIME	LOCATION	<b>Bellarine Community Health Ltd</b> 
26/03/18	10.00 am	Woolworths, Curlewis	
4/04/18	9.30 am	Coles, Ocean Grove	
6/06/18	10.00 am	Woolworths, Portarlinton	
4/07/18	2.00 pm	Woolworths, Curlewis	
23/07/18	9.30am	Coles, Ocean Grove	
5/09/18	10.00 am	Woolworths, Portarlinton	
15/10/18	10.00 am	Woolworths, Curlewis	
7/11/18	9.30 am	Coles, Ocean Grove	

**Diabetes Victoria members FREE and non-members \$15**  
[www.diabetesvic.org.au](http://www.diabetesvic.org.au)

**To book please call 1300 437 386**