



# GUIDED SUPERMARKET SHOPPING TOUR WITH A FOCUS ON DIABETES

This guided supermarket shopping tour is facilitated by a dietitian from Central Bayside Community Health Services and is designed to raise awareness of new products suitable for people with diabetes.

We will provide you with practical advice around meal planning and help you to practice making healthy food choices in the supermarket.

Increase your confidence reading food and nutrition labels on products and meet new people!

**Day:** Friday March 22

**Time:** 10am-11:30am

**Location:** Woolworths Mordialloc, 600 Main St, Mordialloc (meet at supermarket entrance)

**Who:** Men and women aged 18 and over

**Cost:** \$10

**Bookings essential.** Please call 8587 0200 to register.