



Healthy supermarket tours 2016

As part of the two-hour tour, an Inspiro dietitian will show you how to read and understand food labels and select healthy food alternatives. These tours are also suitable to those with pre-diabetes, overweight, high cholesterol or anyone who is interested in healthy eating.

A comprehensive pocket size healthy shopping guide booklet is included as part of the tour cost and helps to take all the hard work out of food shopping.



Dates:	February	Wednesday 17th	1 - 3pm
	April	Tuesday 12th	10am - 12pm
	July	Wednesday 20th	9:30 - 11:30am
	November	Tuesday 8th	1 - 3pm
Location:	Lilydale. Details confirmed upon booking.		
Cost:	Diabetes Australia (VIC) members - FREE Non-members \$15		

Bookings are essential. Please call Diabetes Australia (VIC) on **1300 136 588**.



Community Health Service



For bookings call Diabetes Victoria on 1300 136 588.
For more information call Inspiro on 9738 8801.