

**FREE**

# Grocery Store Tours in 2010

with a Registered Dietitian

## TOUR DATES

Tues., May 4<sup>th</sup> at 7:00 pm

Thurs., July 15<sup>th</sup> at 10:00 am

Mon., September 20<sup>th</sup> at 2:00 pm

Wed., November 17<sup>th</sup> at 7:00 pm

*Tours are at The Real Canadian Superstore in Chatham*

Learn about:

- Healthy eating
- Budgeting
- Reading labels
- and much more!

**To register, please call 519-352-7270 ext. 2459**