

The Mid-Toronto Diabetes Program & Loblaws



Present

Diabetes Focused Grocery Store Tour



101 Eglinton Avenue East

Friday April 7th, 2017

1:00- 2:00 p.m.

**Meet at the Dietitian's Desk
2nd Floor**

**A Registered Dietitian
will guide you through the grocery aisles
providing:**

- **Shopping Tips**
- **Healthy Options and Alternatives**
- **How to Read Labels**
- **Meal Planning Tips**
- **Much More**

**For more information call
416-486-8666 ext. 208**

