

The Mid-Toronto Diabetes Program

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loblaws

101 Eglinton Avenue East

Presents:



Healthy Eating for the Holidays A Guided Tour Through the Grocery Aisles

Wednesday December 6th, 2017

5:00 – 6:00 p.m.

**Meet at the Customer Service Desk
2nd Floor**

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

- **Shopping tips**
- **Healthy options and alternatives**
- **Read & understand food labels**
- **Meal planning ideas**

**To register for this FREE program
call 416-486-8666 ext. 208**

