

The Mid-Toronto Diabetes Program & Loblaws



**Presents:
Diabetes Focused
Grocery Store Tour**



101 Eglinton Avenue East

Wednesday July 26th, 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
- How to read food labels
- Meal planning tips

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

