

Heart Smart Shopping Tour



Label lingo got you down? Are you a carbophobic, a fat-free fanatic, or a junk-food junkie that just needs a little insight on sound nutrition? If you are in a nutrition rut and you've never been on a tour, here's your chance!! There is no better place to learn about nutrition... than at the grocery store!

Please join registered dietitians from the LifeHelp program at St Anthony's Hospital for a guided tour through the **PUBLIX** Supermarket. During the tour you will learn to make healthier food selections, decipher label lingo, lighten up your diet, and discover new items.

All tours are held from **2:00 until 4:00 PM**

2015 dates:

December 1st

2016 dates:

January 26th

February 23rd

April 26th

May 24th

July 26th

August 23rd

October 25th

December 6th

Tours are held at the Publix on 1700 34th St N, St Petersburg

Please call the **LIFEHELP** number below to schedule your tour

727 820-7910