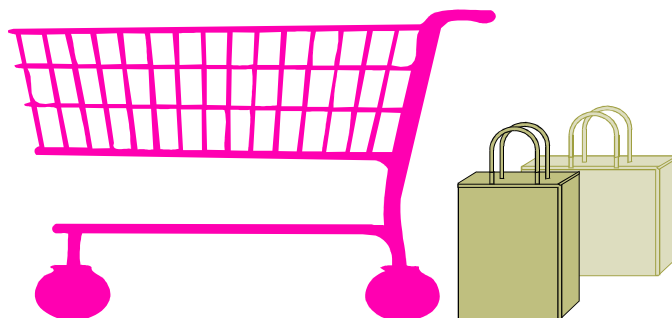


SUPERMARKET TOURS



Do you have diabetes?
Would you like to learn more about reading food labels
and healthy food choices?
If you would, then join us on a free Supermarket Tour.

Dates and supermarkets to be visited in 2010

Friday 26 th March	10.00am - 11.30am WOOLWORTHS-FINDON – 186 Findon Rd
Tuesday 15 th June	10.00am - 11.30am COLES - FINDON – 303 Grange Rd
Friday 24 th September	10.00am - 11.30am WOOLWORTHS-FINDON 186 Findon Rd
Tuesday 16 th November	10.00am – 11.30am COLES - FINDON – 303 Grange Rd

Please meet near the Service Desk of the supermarket

Book early as there are limited spaces!

Bookings and enquires can be made at the Diabetes Centre or by ringing 8222 6771

The tours are conducted by a qualified dietitian, from
The Diabetes Centre
The Queen Elizabeth Hospital