



Supermarket Tour

For People With Diabetes

Do you have Diabetes?
Would you like some help in reading food labels and choosing healthy foods?



Ballarat Community Health's Dietitian's will be running Supermarket Tours for people with Diabetes.

Contact Ballarat Community Health For Details

Dates:

- Monday 18th January 2010 at 10:30am
- Monday 8th February 2010 at 1:30pm
- Wednesday 17th March 2010 at 10:30am
- Thursday 22nd April 2010 at 10:30am
- Monday 10th May 2010 1:00pm
- Monday 21st June 2010 at 10:30am
- Wednesday 7th July 2010 at 1:00pm
- Monday 23rd August 2010 at 10:30am
- Thursday 16th September 2010 at 10:30am
- Monday 18th October 2010 at 10:00am
- Wednesday 24th November 2010 at 11:30am

Cost: \$8 per person

Bookings: Phone 5338 4500