



Imagine taking your own personal diabetes educator to the supermarket with you....now you can!



FREE Supermarket Tours with a Focus on Diabetes

Stroll the supermarket and learn:

healthy shopping tips, label reading, how to incorporate carbohydrate counting into your grocery shopping and what the pharmacy has to offer.



Tours will be led by a Certified Diabetes Educator and/or a Registered Dietitian.

All participants receive a reusable Meijer shopping bag filled with information and product samples.

Tour #1

**Where: Cold Spring, KY Meijer
5400 Alexandria Pike**

**When: Thursday, September 27, 2018
6:30-8:30 PM**

OR

Tour #2

**Where: Florence, KY Meijer
4990 Houston Road**

**When: Thursday, October 25, 2018
6:30-8:30PM**



(Please meet in the café area of the store, located near the produce department.)

To Register, email your name(s) and Tour #1 or #2 and contact information to NKYDiabetesCoalition@gmail.com or call Julie at 859-363-2116

Space is limited – Registration required to guarantee a spot



**Northern Kentucky
Diabetes
Coalition**

Sponsored by the Northern KY Diabetes Coalition

