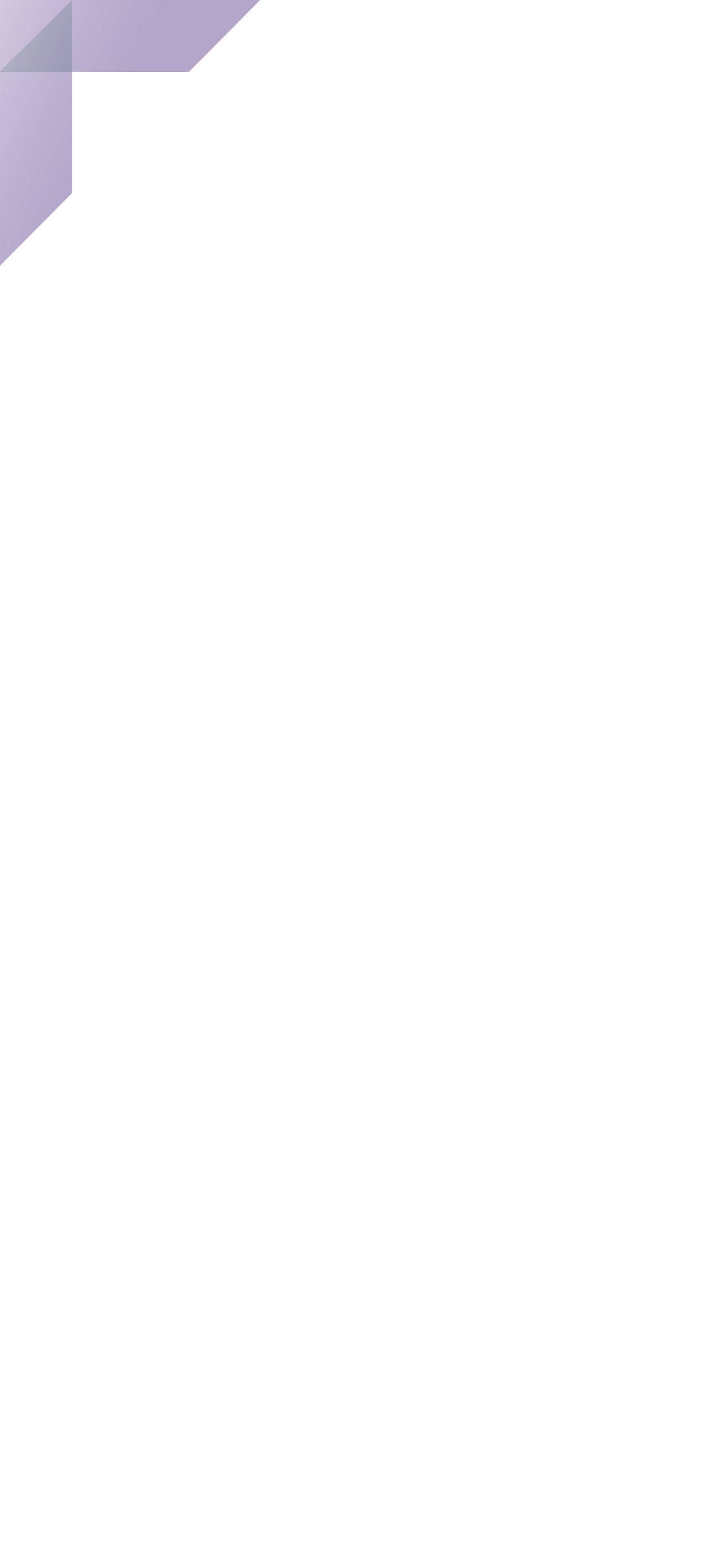
Nutritional Navigation: A Grocery Store Tour

*Fall 2019*

Join Registered Dietitian Kerri Stewart for a ***free*** and interactive tour of your local grocery store.



Publix at Thornblade –

*411 The Parkway Greer, SC 29650*

Monday, Sept. 30th at 7pm

BILO Union –

*320 N. Duncan Bypass Union, SC 29379*

Tuesday, August 27th at 10am



Publix at Hillcrest –

*1905 E Main St.*

*Spartanburg, SC 29307*

Friday, Sept. 6th at 10am

BILO Gaffney –

*1013 W. Floyd Baker Blvd. Gaffney, SC 29340*

Tuesday, Sept. 17th at 7pm

Learn what to look for on a food label, receive healthy cooking tips and recipes, and how to eat better on a budget. Here is your first tip: never visit the grocery store on an empty stomach! Space is limited to eight per tour so spots must be reserved in advance, either online or by phone.

Please call the Joe R. Utley Heart Resource Center with questions at 864.560.4472.

**Register online at SpartanburgRegional.com under Events**



