



Smart Shopping at the Supermarket

Learn how to plan and shop for healthy choices
in food for you and your family!

Diabetes and Nutrition Services
at Rockford Health Physicians
is now offering monthly supermarket
tours with a registered dietician who
can teach you the basics of....

- Date:** Every 4th Wednesday each month
- Time:** 4 to 5:30 p.m.
- Where:** Logli Supermarket
1810 Harlem Road, Loves Park
(Corner of Harlem and Alpine Road)
- Cost:** \$15 for one person, \$20 for two.
Payment due when scheduled.
Cash, check, money order, credit
card/debit cards accepted.
- Contact:** Diabetes and Nutrition Services
at (815) 971-2550.



- *Smart shopping/
shopping on a budget*
- *Label reading overview*
- *Guidance on healthy choices*
- *Meeting basic nutrition
requirements*
- *Ideal choices for preventing/
managing chronic disease*
- *Maintaining or losing weight*
- *Healthy recipe Ideas*

Call today!

Group size is limited!



**ROCKFORD HEALTH
PHYSICIANS**

Respectful Care