

SHOP Healthy.
EAT Healthy.
BE Healthy.
Store Tour



Shopping for food isn't as easy as it used to be. The average grocery store contains 30,000 to 40,000 different food choices. There are a variety of healthy options in all grocery stores - the trick is just knowing how to wade through all the health claims and stay away from the unhealthy impulse buys.

Come take a tour with Registered Dietitian, Nicole Cormier, RD, LDN. She is owner of Delicious Living Nutrition and author of the Everything Guide to Nutrition.

*****Midday ½ Hour*****

Dates: **Friday, April 26th**

Time 1: **12:00 pm**

Time 2: **12:30 pm**

Location: **Middleboro Trucchi's**

(Tour will start promptly)

TO REGISTER

- 1.) Email: mid@trucchis.com
- 2.) Subject: **"Nutrition Tour"**
- 3.) Include: **Name & Time Preference**

