

FREE Group Grocery Store Tours



FREE Get Healthy Tours with Registered Dietitian for groups who want to learn how to make healthy grocery shopping choices.

Your group's Get Healthy Tour can be tailored to cover the following concerns:

- High cholesterol**
- High blood pressure**
- Diabetes**
- Weight management**
- Healthy eating in general**
- Stretching your food dollars**



Tours also available in Spanish!

Tour participants will receive *free* Healthy Shopping List along with applicable nutrition information.

To schedule a tour, contact the SNHD Office of Chronic Disease Prevention and Health Promotion at (702) 759-1261.

Tours given at participating LV Food4Less stores.

FOOD 4 LESS

SNHD
Southern Nevada Health District

gethealthyclarkcounty.org
GET MOVING. BE SAFE. EAT BETTER. LIVE SMOKE-FREE.