The Clinton County Health Department and Eastern Adirondack Health Care Network are pleased to offer a new opportunity in Clinton County to adults interested in learning how to eat healthier.

Tours are led by a Registered Dietitian and highlight how to:
- Select whole grains
- Identify heart healthy fats
- Cut sodium
- Use label lingo
- Navigate the store like a pro...
  And much more!

For more information or to register for your tour, call the Clinton County Health Department at 565-4993.

Tours are being offered throughout Clinton County and on various days and times. All participants must register prior to attending.