

SHOP SMART  EAT HEALTHY  BE WELL

## Healthy Grocery Store Tours Are Now Available Locally!

All participants receive a re-useable shopping tote full of coupons, samples, and recipes!

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.



A Clinton County Health Department and  
Eastern Adirondack Health Care Network  
Get Moving! For Healthy Aging Initiative

