

# Rutherford County Grocery Shopping Tour

August 12th at 5:00pm

CareHere and Rutherford County  
present a Grocery Shopping Tour

CareHere Dietitian, Denise Halbert, will  
take you through the grocery store and  
give you tips on healthy eating.

CareHere!



Learn how to:

- Read labels
- How to choose healthy foods
- What to avoid when trying to lose weight
- Find hidden sources of high fat, sugar and salt
- How to feed the family

Space is limited so reserve  
your spot now!

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or call her at 615-866-6401