

# FREE

## Manaia Health PHO Supermarket Tours



**Supermarket tours are a free service run by Manaia Health PHO**

**For people with questions on:**

- **Label reading**
- **Healthy Eating**
- **Diabetes and Food**



**Tuesday 29th August**  
**9.30am Countdown Okara**



**Monday 18th September**  
**5.30pm Regent New World**  
**(\*night tour)**



**Numbers for each tour are limited**  
**Book Your Place or arrange alternative times**  
**by contacting:**

***Daniela or Glenys at Manaia Health PHO***

***Phone: 438 1015 txt: 021 837 717***

***Email: [Glenysb@manaiapho.co.nz](mailto:Glenysb@manaiapho.co.nz)***