



## Food solutions made easier

Living well with diabetes means knowing everything you need to stay healthy. That begins by knowing what foods to have on hand that taste good and keep your diabetes under control.

Join our specially trained Pharmacist and Registered Dietitian in this free tour that will help you do just that.

You will start at the pharmacy as our Pharmacist gives you tips on keeping your heart healthy. The group will then begin the walking tour as you can see the latest products to take care of your diabetes and have the Registered Dietitian lead you through the 90-minute walking grocery store tour. By the end of the tour, you'll know how to read food labels and how to use that information to plan meals better for you and your family. Soon, you'll be cooking and snacking with ease, using the foods you love and keeping your diabetes and your heart healthy!

### More opportunities to learn!

During the program our Pharmacist will also tell you about all of the affordable Diabetes Care Program services available. Take advantage of the group education program and personal trainings that can help you. Schedule a session to learn how to get the most from your blood glucose monitor, take the fear out of injecting insulin, avoid low blood sugar reactions and so much more.

Only at Albertsons Sav-on Pharmacy will you find expert Dietitians and expert Pharmacists working together so you can eat healthy, stay healthy and be healthy.

# Eating healthy with Diabetes

FREE Store Tours March - December 2010

## Tour Schedule

### NEVADA TOURS

Day	Date	Time	Address
Saturday	04/24/10	9:30 am	1001 S Rainbow, Las Vegas, NV
Saturday	05/08/10	9:30 am	190 N Boulder Hwy, Henderson, NV
Saturday	05/22/10	9:30 am	7151 W Craig Rd, Las Vegas, NV
Saturday	06/12/10	9:30 am	10140 W Flamingo, Las Vegas, NV
Saturday	06/19/10	9:30 am	575 College Dr, Las Vegas, NV
Saturday	07/17/10	9:30 am	1001 S Rainbow, Las Vegas, NV
Saturday	07/31/10	9:30 am	201 S Stephanie, Henderson, NV
Saturday	08/14/10	9:30 am	190 N Boulder Hwy, Henderson, NV
Saturday	09/25/10	9:30 am	10140 W Flamingo, Las Vegas, NV
Saturday	11/06/10	9:30 am	2851 Green Valley Pkwy, Las Vegas, NV
Saturday	11/13/10	9:30 am	1008 Nevada Hwy, Boulder City, NV
Saturday	12/04/10	9:30 am	10250 West Charleston Blvd, Las Vegas, NV



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are just around the corner.™

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