

East Longmeadow Health Department Presents:

Guided Grocery Store Tour

Learn how to shop the aisles of Big Y registered dietitian, Jacqui Cambell. Participants will learn how to wisely navigate a supermarket in order to plan meals keep dietary needs in mind.



When: Friday, November 30th, 2018
Time: 10:00 am - 11:00 am
Where: East Longmeadow Big Y at 441 N Main St.
***Tour will meet in the cafe area**



Public Health
Prevent. Promote. Protect.
East Longmeadow
Health Department

Admission is free, but spots are limited!
Call the Health Dept. at 413-525-5400 ext. 1103
to secure your spot today!



@ELongHealthDept