

CART SMART



A Guided Grocery Tour

Join Affinia Healthcare for a guided grocery store tour led by a nutrition professional! Learn how to compare products and make healthier choices, healthy meal planning, learn about foods that can help prevent and manage chronic diseases, and more. Each participant will receive a \$50 Schnucks gift card upon completion of the class.



Understand
nutritional
labels



Tips to save
money



Learn how to
compare
products



Prevent
chronic
diseases



Receive a \$50
Schnucks gift card
after the tour

The event takes place at Schnucks on the following days and times:

Fri., Aug. 28, 9 a.m.
4171 Lindell Ave.
St. Louis, 63108

Fri., Sept. 11, 2 p.m.
3431 Union Blvd.
St. Louis, 63115

Fri., Sept. 25, Noon
60 Hampton Village Plaza
St. Louis, 63109

Wed., Sept. 30, Noon
5055 Arsenal
St. Louis, 63139

Fri., Oct. 9, 9 a.m.
3430 S. Grand
St. Louis, 63118

Fri., Oct. 23, 4 p.m.
8200 N. Lindbergh
Florissant, 63031

Wed., Oct. 28, 2 p.m.
7355 Manchester
Maplewood, 63143

Fri., Nov. 6, 9 a.m.
11253 St. Charles Rock Rd.
Bridgeton, 63044

Fri., Nov. 13, 2 p.m.
5055 Arsenal
St. Louis, 63139

Fri., Dec. 4, 9 a.m.
60 Hampton Village Plaza
St. Louis, 63109

***Space is limited. Registration is required.
This event is for Affinia Healthcare patients only.***

To register:

Call 314-814-8651

Email: communitysupport@affiniahealthcare.org

www.affiniahealthcare.org