

Grocery Tour at Henry's Market



Tour Henry's Market with Registered Dietitian and Lifestyle educator, Vincent Alvarez, and get hands on nutrition education.

Learn the essentials for making the correct food choices at the supermarket as well as current information on such trends as Zero Trans Fat Foods, Whole grains as a source of fiber, organic foods, and making sense of food labels.

This tour benefits **Sharp HealthCare Foundation**, a San Diego foundation supporting the not-for profit charitable mission of Sharp Chula Vista Medical Center, Sharp Mary Birch Hospital for Women & Newborns, Sharp McDonald Center, Sharp Memorial Hospital, Sharp Mesa Vista Hospital and Sharp Rees-Stealy. RSVP to vince-sandiego@att.net. Space is limited to 10 people.

A \$10 donation to the Sharp HealthCare Foundation is suggested. To Donate - <https://www.sharp.com/sharp-foundation/index.cfm>

Where: Henry's Market Clairemont Mesa

When: June 22, 2011

Time: 6-7pm

Cost: suggested \$10 donation to Sharp HealthCare Foundation

RSVP/Questions: vince-sandiego@att.net

Contact: Vince Alvarez - 619-804-5043

Limit: 10 people