



Diabetes and Nutrition Services

Shopping healthfully at the grocery store.

Led by Kamey Doetch, MS, RDN, LDN, CDE and Elise Tabary, RDN, LDN

Learn how to shop and choose healthy options at the grocery store.

Grocery Store Tour Dates:

- Thursday, January 26, 3:30 pm
- Thursday, April 6, 3:30 pm

Location: Schnuck's Supermarket, 6410 E. State Street. Meet at front entrance.

Learn how to:

- Choose healthier options
- Navigate different departments of the grocery store
- Discover options for preventing chronic diseases
- Read nutrition labels
- Shop on a budget

Healthy eating cooking classes

Led by Kamey Doetch, MS, RDN, LDN, CDE and Elise Tabary, RDN, LDN

Learn how to prepare healthy food with our registered dietitian.

Cooking Class Dates:

- Thursday, March 9, 2-4 pm
- Wednesday, May 10, 2-4 pm

Location: Mercyhealth Mulford, 5970 Churchview Dr., lower level

To make a reservation or to ask a question, call Diabetes and Nutrition Services at (815) 971-2511. The cost is \$10 per person (cash or check). If you pre-pay, the cost is \$7.