



Learn how to buy and eat healthy with free grocery store tours.

Need tips and advice to shop for healthy foods? Sign up for a free tour of a neighborhood grocery, and learn from an IU Health health coach how to look for and purchase nutritious produce, meat and packaged food items for you and your family.

Join our next grocery store tour.

Monday, August 12 | 4:00 pm

Fresh Thyme Farmers Market | 14727 Fresh Thyme Market Drive |
Carmel, IN 46033

Space is limited, so please register with Megan Tsangaris, HC by emailing mtsangaris@iuhealth.org or calling **317.517.5161** by Wednesday August 7.



Presented by



Indiana University Health