



## SUPERMARKET TOURS

### **Save... Time + \$\$\$ + Kilograms**

Sign up for a Supermarket tour today and we will show you how to:

Understand the art of shopping quickly.

Notice shopping - distractions- hazards- layout.

Learn about the traps of bulk buys.

Find out about food labelling.

Be alert to food deterioration.

Make better buys.

Understand '99% fat free' and 'Pick the Tick'

Be aware of marketing issues.

Learn how to keep food safe as you shop.

Understand food hygiene issues.

Make healthier choices on every aisle.

### **Sign up today**

Your own personal shopping tours can be arranged with a dietitian

or...

Organise your own group of 8-10 friends or work colleagues.

### **Where?**

Tours are arranged in the location most central to your group.

### **How?**

Call us to discuss how we can help you to eat well, save money and time by shopping more wisely.

**TELEPHONE (03) 355 7770**



## **Build Sustainable Energy with Lea Stening Health**

**Are you often..**

Tired?

Irritable & Moody?

Finding it is hard to  
concentrate?

Feeling old before your  
time?

Lacking motivation?

Struggling to keep up with  
commitments at home and  
work?

Missing out on the fun in  
life?

**Let our team help you to..**

**Assess** the adequacy  
of your current diet with a  
computer analysis to pin  
point your needs.

**Understand** your  
nutritional needs for daily  
living and how they change  
with age and exercise.

**Manage** changes in  
lifestyle and work activities

**Find** practical solutions  
to meal management.

**Achieve** lasting results  
through the support of an  
on-going nutrition education  
programme on-line.

**Our services include...**

Weight and Cholesterol  
control

Blood glucose control

Disease prevention

Workplace nutrition e.g. shift  
workers, travel and stress.

Sports nutrition

Dietary management of  
health issues e.g. gout,  
hypertension, reflux, hiatus  
hernias, bowel disorders,  
allergies and intolerances,  
disordered eating.

**We can help you to look good and feel great!**

**TELEPHONE (03) 355 7770**