



Shopping tour to help
“make healthier choices, easier”

"Yes I would recommend the tour as what we covered has stuck in my mind."

"Really convinced me to start eating more healthily."

"To be able to eat and look at food labelling more healthily."

"I now plan my meals for week, stick to my shopping list instead of throwing anything into my basket."

Who is it for?

Anyone with heart disease, diabetes, stroke or a family history of any of these conditions. It is also excellent for people who worry about their weight or diet.

When and where does it happen?

Every third Wednesday of the month at 9:30am or 10:45am at **Kirkgate Market, Leeds**. The session lasts for one hour.

Why use this service?

Shop to get Fitter is a FREE service that can help you if you are:

- Worried that healthy food costs too much
- Unsure which foods to buy
- Confused about food labelling
- Unsure where or how to start making changes to your lifestyle.

This is a fantastic service that helps patients lead a healthier lifestyle. Don't take our word for it; see above for some of the comments from previous clients.

How do I book?

This is a self-referral service which means that you can book yourself onto the course directly by:

• Email

Email your details (name, address, contact number and GP) to Ichdieteticsadmin@nhs.net

• Post

Post your details (name, address, contact number and GP) to:

Shop to get Fitter NHS Dietitian, Parkside Community Health Centre, 311 Dewsbury Road, Leeds LS11 5LQ

• Call

Call our Shop to get Fitter NHS Dietitian on **0113 843 0890** (Monday-Friday, 9am-5pm).

We will ask you for your name, address, contact number and GP.

We will contact you to confirm date and time for this FREE shopping tour.