

# Lifespark Nutrition Supermarket Tours

*Join Kate at Lifespark Nutrition for an exciting tour on what's really going in your trolley. Challenge what you know about 'healthy food' and know what defines good food.*

**Cost: \$10 per person including supermarket pack (healthy recipes, cooking tips, tasters, menu planner)**

**Time: 5:40pm introductions, tour at 5:45 till approx 6:45pm**

**Venue: Countdown Mt Wellington Highway, meet inside at front entrance.**

- **Monday 30<sup>th</sup> August**
- **Monday 27<sup>th</sup> September**
- **Monday 18<sup>th</sup> October**
- **Monday 15<sup>th</sup> November**

**Book today, spaces are limited!**

On the contacts page of the Lifespark website [www.lifespark.co.nz](http://www.lifespark.co.nz) or register your name at CLM Health & Fitness reception

