



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

LEARN TO SHOP HEART SMART!

September is Heart Awareness Month and to celebrate this, The Heart and Stroke Foundation SA will be offering **FREE** Heart Healthy Shopping Tours at participating Pick 'n Pay stores in the Western Cape and Gauteng areas.

This initiative aims at promoting a healthier lifestyle and increase awareness of Heart Mark endorsed products through the provision of healthy shopping tours in stores by a Registered Dietitian. Members of the public joining the tour will be educated on how to identify healthier products (by looking at food labels) within specific food categories in the supermarket shelves.

Each participant will receive a heart healthy goody bag and also stand in line to win great prizes!!

Date of tour	Store name	Time of tour
Friday 3 September	Norwood Hyper, Gauteng	09h30 – 11h30
Saturday 4 September	Brackenfell Hyper, Gauteng	09h00 – 11h00
Thursday 8 September	Canal Walk, Cape Town	10h00 – 12h00
Saturday 18 September	Ottery Hyper, Cape Town	09h00 – 11h00
Wednesday 22 September	Kenilworth, Cape Town	10h00 – 12h00
Thursday 7 October	Northgate Hyper, Gauteng	14h00 – 16h00

Booking is essential as spaces are limited!! To enquire about dates in your area and to confirm your space kindly contact Dawn on Tel: 021 403 6450 or email dawn@heartfoundation.co.za