



# Grocery Store Tour

**Date:** Thurs, July 10th

**Time:** 5:30-6:30 P.M.

**Where:** Ingles of Seneca

**Cost:** FREE

Join us for a tour of our local Ingles to learn shopping tips to get the healthiest options with the most bang for your buck!

The tour will be led by the Wellness Center's registered dietitian, Lauren Kroeger, and health education specialist, Marlee White.

**Give us a call at 864.885.7684 to register or with questions.**



For more information and to sign up, visit:  
**[FitFamilyChallengeSC.com](http://FitFamilyChallengeSC.com)**

To learn about the events being hosted in our area, visit:  
**[www.oconeemed.org/services/wellness\\_center](http://www.oconeemed.org/services/wellness_center)**  
and look for the *Fit Family Challenge*™ tab.