

Sobeys Dietitian Nutrition Programs

Healthy Weight	FREE	Our most popular program! Learn how to lose weight and keep it off.
Healthy Cooking	\$15	Try new recipes with our dietitian and chef. Healthy and delicious!
Taste & Learn	FREE	Taste test our food of the month and take home recipes you'll love!
Store Tour	FREE	Tour the store with our dietitian and discover new foods.
Diabetes / Heart Health	FREE	Learn what you can eat to help manage these health conditions.
One-on-One Nutrition Session	Contact us for details	Personalized counselling with our dietitian to meet your nutrition goals.
Private Group Session	Contact us for details	Book a session for your group in store or at your location.

See reverse to contact a Sobeys Dietitian in your area.

Sign up at www.sobeyspharmacy.com/newsletter
to receive dietitian store schedules and quarterly newsletters.

Sobeys
Dietitians


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NS-English-02-16

Sobeys Dietitians in your Community

Community	Store Location	Voice Mail
Sackville	First Lake Drive Sackville Drive	902-454-0281
Bedford	Larry Uteck Blvd Bedford Highway	902-865-1710
Fall River	Highway #2	902-443-0577
Halifax	Mumford Road North and Windsor Street	902-455-0749
	Lacewood Drive	902-443-0577
	Upper Tantallon	902-826-9122
Dartmouth	Penhorn Mall Tacoma Drive Highway #7 Wyse Road	902-477-6159
Truro	Prince Street Robie Street	902-895-7382
New Glasgow	Aberdeen Mall George Street	902-755-3645
Sydney	Prince Street	902-849-6883
Glace Bay	Reserve Street	902-849-6883

Your Sobeys dietitian and pharmacist are
your partners in better health