



Hy-Vee | 1001 18th Ave NW | Austin, MN

# supermarket store tour

Wednesday, January 4  
Wednesday, February 8  
Wednesday, March 7

10 a.m. to 12 p.m. | \$5 per person

*Meet at the customer service counter. Limit of 8 per tour.*

- Develop confidence in what your cart carries
- Learn tricks to help you find the most “heart-healthy” choices
- Taste the difference in making a healthy change!

Register online by emailing [jhaugen@hy-vee.com](mailto:jhaugen@hy-vee.com) or by calling 507-437-7625.

Payment can be made at time of tour.

*Wear comfortable shoes; you'll be standing and walking for up to 2 hours.*



## Tour Guide: Jen Haugen, RD, LD

Jen Haugen is a registered dietitian at Hy-Vee in Austin. She has over 10 years of experience helping people of all ages make small changes toward improving their health.