

SUPERMARKET HEALTH FOOD TOUR



Learning the best foods for your health can be challenging. Learning to heal yourself through food is even more difficult. Foods & Nutrition is the number one success in any healing program, discover the medicinal value of food with this Grocery Store tour with our practicing naturopath, Erica Steele. Erica will guide you through the produce section, educate you about how to select and purchase food, how to read food labels, and how to distinguish between marketing for your health and truly adding to your health.

SuperMarket Food Tours are an hour long and includes a healthy map of the grocery store and a food as medicine guide on the back that every household should have on hand at all times.

SuperMarket Food Tours are Free to the Public and are a Community Service provided by Essentail Wellness Center & Living Foods Cafe. SuperMarket Tours are held all over Hampton Roads, Va just look out for days and times in YOUR city