



FOR IMMEDIATE RELEASE  
April 21, 2009

**Health District's 'Get Healthy' program offers in-store nutrition education**

*Nutrition, outreach sessions held monthly inside local Food 4 Less stores; first program Monday, May 4*

**LAS VEGAS** – The Southern Nevada Health District's Get Healthy Clark County program launches a new educational outreach program to help grocery store shoppers make healthier, budget-friendly choices. During the first week of each month, a health district registered dietician will present nutrition education and outreach sessions at several Food 4 Less grocery stores in English and Spanish. In addition, she will be available to answer questions shoppers have about diet and nutrition. Cooking demonstrations, samples, recipes and nutritional information will be provided. For more information, log on to [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org) or contact the Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270.

The program will be available at the following Food 4 Less locations:

- Food 4 Less 1941 N. Decatur Blvd. 10 a.m. – 1 p.m., First Monday
- Food 4 Less 3250 E. Flamingo Rd. Noon – 3 p.m., First Tuesday
- Food 4 Less 8108 S. Las Vegas Blvd. 10 a.m. – 1 p.m., First Friday