



Lake Health

Food Label Reading Tours

Lake Health is sponsoring "free" Label Reading Tours to help consumers understand and use the food label *Registered Dietitian-guided tours with discussions on food content, label reading, healthy food choices and more!* *Learn how to read the actual fat, saturated fat, cholesterol, sodium content, And TRANS FAT*

Join us at one of six Lake County Giant Eagle stores to learn how to:

Giant Eagle, 1201 Mentor Avenue, Painesville

January 4, 2011 @ 6:30 PM

July 11, 2011 @ 6:30 PM

Giant Eagle, 7960 Plaza Boulevard, Mentor

February 2, 2011 @ 6:30 PM

August 8, 2011 @ 6:30 PM

Giant Eagle, 546 Water Street, Chardon

March 10, 2011 @ 6:30 PM

September 1, 2011 @ 6:30 PM

Giant Eagle, 27505 Chardon Road, Willoughby Hills

April 14, 2011 @ 6:30 PM

October 5, 2011 @ 6:30 PM

Giant Eagle, 6576 North Ridge Road, Madison

May 10, 2011 @ 6:30 PM

November 9, 2011 @ 6:30 PM

Giant Eagle, 36475 Euclid Avenue, Willoughby

June 1, 2011 @ 6:30 PM

December 1, 2011 @ 6:30 PM

Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register for your "free" tour today!

REGISTRATION IS REQUIRED

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