



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**

Lake Health  
Wellness Institute  
7580 Auburn Rd., Suite 201  
Concord Twp., Ohio 44077  
(440) 350-4512

[www.lakehealth.org](http://www.lakehealth.org)