

2010 FREE 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 5, 2010 @ 6:30 PM

July 12, 2010 @ 6:30 PM

Giant Eagle, 7960 Plaza Boulevard, Mentor

February 3, 2010 @ 6:30 PM

August 9, 2010 @ 6:30 PM

Giant Eagle, 546 Water Street, Chardon

March 11, 2010 @ 6:30 PM

September 1, 2010 @ 6:30 PM

Giant Eagle, 27505 Chardon Road, Willoughby Hills

April 15, 2010 @ 6:30 PM

October 6, 2010 @ 6:30 PM

Giant Eagle, 6576 North Ridge Road, Madison

May 11, 2010 @ 6:30 PM

November 10, 2010 @ 6:30 PM

Giant Eagle, 36475 Euclid Avenue, Willoughby

June 1, 2010 @ 6:30 PM

December 2, 2010 @ 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

