



Lake Health

Food Label Reading Tours

Lake Health is sponsoring **FREE** Label Reading Tours to help consumers understand and use the food label. *Registered Dietitians will discuss food content, label reading, healthy food choices and more! Learn how to understand calories, serving size, total fat, saturated fat, cholesterol, sodium content, trans fat, carbohydrates, and sugars in the foods that you eat.*

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

Giant Eagle, 1201 Mentor Avenue, Painesville

January 9, 2012 @ 6:30 PM

July 12, 2012 @ 6:30 PM

Giant Eagle, 7960 Plaza Boulevard, Mentor

February 6, 2012 @ 6:30 PM

August 7, 2012 @ 6:30 PM

Giant Eagle, 27505 Chardon Road, Willoughby Hills

March 5, 2012 @ 6:30 PM

September 10, 2012 @ 6:30 PM

Giant Eagle, 546 Water Street, Chardon

April 16, 2012 @ 6:30 PM

October 1, 2012 @ 6:30 PM

Giant Eagle, 6576 North Ridge Road, Madison

May 10, 2012 @ 6:30 PM

November 5, 2012 @ 6:30 PM

Giant Eagle, 36475 Euclid Avenue, Willoughby

June 5, 2012 @ 6:30 PM

December 6, 2012 @ 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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