

how to read food labels



As parents we take so much care to protect and look out for our children...

- We research the best brands of car seats,
- We keep them safe with helmets,
- We put the proper type of sunscreen on their bodies
- We save for college.

The list goes on and on and on.

Did you realize that the foods they are eating could be causing them harm?

What can we do about it?

Join us for a **FREE** food label reading workshop and get straight talk about healthy choices for your family.

We will show healthier, taste-tested options of some of your family's favorite foods, and will send you home with empowering ideas to get your family on the right track.

Label Reading Made Simple

Presented by Julie Berra, Wellness Educator

Please join us on

Date: Monday February 8th at 10:30 am

OR

Thursday February 11th at 7pm

Location: Lyons Community Church

350 Main Street Lyons, CO 80540

Community room/child care provided

\$2 per child

For more information & to RSVP contact
Cat Wechsler 303-589-5495 meyers@bluegrass.com or

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