

# Label Reading Workshop

Are you unsure whether the food or drink you consume is effective in ensuring your ageing process is healthy?

Are you interested in how to make better overall food choices to improve health, wellbeing and healthy ageing?

**When** Wednesday 4th June  
10-11.30am

**Where** mecwacare The Pines  
510 Kline St Canadian

**Cost** Workshop: free

Taken by Practicing accredited Dietitian.

Everyone welcome.

REGISTER  
YOUR  
INTEREST

## You will learn:

- how to read nutrition information panels
- to read the ingredients list and how to make sense of it
- to utilise label reading knowledge to identify healthy choices, including choosing products with lower fats, sugars, sodium.

For more information and to register, contact Louise Mayall, RN1 (Advisor in Healthy Ageing)

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