

# Help with your Health

• Free 1.5 hour interactive workshop to help you better manage your health •



## Understanding Food Labels

- What are your food buying habits?
- How do we know what food is healthy?
- Why marketing can make good choices difficult
  - What can we do to eat healthier
  - How to read food labels

DATE

TIME

LOCATION

Pre-registration is *required*, for more information:  
Call 1-866-971-5545 or visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)