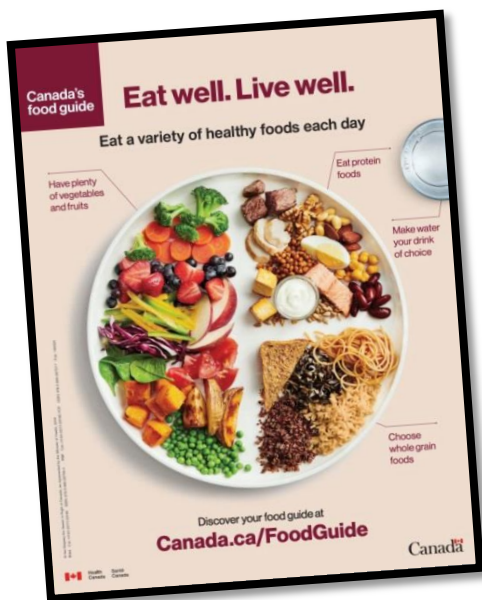


Canada Food Guide & Label Reading

Presented by:
Caroline Le Clair, Community Wellness Facilitator

Thursday, April 25th @ 1:30pm



Caroline will be sharing information on the Updated Canada Food guide, as well as information on reading labels to aide in following this new guide.

Refreshments will be provided!



Everyone Welcome!

55 Plus Centre

Odd Fellows Hall 374 1st Street W.

Call for more information – 204-467-2582