

Wellness Wednesday Workshop

Decoding Food Labels



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Have you ever wondered about what is on those food labels and what it all means? What about those health claims on food packaging? Do you wonder if certain ingredients are actually good for you?

Learn about this and more at this fun and informative talk. You will leave armed with knowledge and tools to help you make more healthful food choices when you shop!

www.yourbesthealthllc.com

Wednesday, October 11, 2017

12:30 PM

White Hall, room 127

WCSU, Midtown Campus - 181 White Street, Danbury, Ct

Students, Faculty, Staff, and the public are invited to this free workshop. Bring your bag lunch and join us! Questions? Contact **Christel Autuori** at autuoric@wcsu.edu