

Put Your Best Fork Forward

National Nutrition Month 2017

Wednesday, March 29 and Friday, March 31



Bring the nutrition label from a food item in your home. It can be your favorite food item, a random item you commonly eat or one you think may be healthy. One of our registered dietitians will help you evaluate that label to better understand the nutritional content. You will also be introduced to the new nutrition label that goes in place later this year.

Space is limited. Please register to attend by contacting Michelle Peryea at (518) 775-5420 or via email at peryeam@lexcenter.org.

<u>Date</u>	<u>Time</u>	<u>Location</u>
Wednesday, March 29	8 to 8:30AM	127 E. State St. Gloversville Large Conference Room
Wednesday, March 29	3:30 to 4PM	405 Co. Hwy 114 St. Johnsville Conference Room
Friday, March 31	12 to 12:30PM	465 N. Perry St. Johnstown Large Conference Room

****Eligible employees who attend this program earn credit qualifying them for the “Make Prevention a Priority: Attend a Free Lexington Wellness On-site Class” Bingo square.***