

A woman with long brown hair, wearing a white lab coat, is looking intently through a magnifying glass at the lid of a metal can. She is holding the can with her left hand and the handle of the magnifying glass with her right hand. The background is a plain, light grey wall. The image is framed by a large blue circular graphic on the right side.

VENUES WEST

KNOW WHAT'S IN YOUR FOOD?

Presented by Gemma Quayle - Accredited Practicing Dietician

Wednesday 15 May at 11.00am
\$8.00 per person - includes morning tea

Ever wanted to know what those labels on the food you buy really mean? Join us to debunk the myths of supermarket shopping and understand what you're really buying... Bring along a packaged food item from home and your reading glasses

For more information see Fitness Centre Reception or call us 9300 7171