

The Healthy Living Centre in partnership with the Camrose Public Library presents:

Get the Real Deal on Your Meal!

Thursday, March 15th

1:30 p.m. or 6:30 p.m. at the Camrose Public Library



Nutrition information has never been more accessible than right now; millions of Canadians have ready and easy access to the Internet and other forms of social media. But not all the information is credible; myths and misinformation abound!

Nutrition Month 2012 is dedicated to busting up popular food and nutrition myths by bringing truths to Canadians from dietitians, the food and nutrition experts. Join a Registered Dietitian to dispel popular food and nutrition myths such as you need to avoid carbs if you want to lose weight, it's too hard to eat all the vegetables and fruit recommended in Canada's Food Guide, multi-grain is the same as whole grain, you'll gain weight if you follow Canada's Food Guide - it recommends too much food and drinking energy drinks is the best way to get energized.

For more information and to register, please call

the Healthy Living Centre at 780-608-8683!