



How to make healthy eating choices

Impact of Sugar and Salt

Reading Food labels

Portion sizes

Introduction to the Eatwell guide

Maintaining healthy eating



≡ **Live a
healthier life
with the right
food?** ≡

**Join us for our free
Healthy Eating and
Nutrition session:**

Thurs 28 September 2017

10.30 - 1pm

Dewsbury Town Hall

≡ **For more info** ≡

**Contact the Health Trainer
Service:**

Call:

01484 414774 (option 3)

Email:

cjs@kirklees.gov.uk

Visit:

**[www.kirklees.gov.uk/lookingafter
me](http://www.kirklees.gov.uk/lookingafterme)**