
PRESENTS

UNDERSTANDING NUTRITION LABELS

Presenter:



Alexa Marks, RD, CDN

Registered Dietitian, Gaylord Hospital

Date:

Tuesday, October 4, 2022

Time:

11:00 a.m. -12:00 p.m., includes Q&A

Where:

Rietdyke Senior Center

211 Nichols Rd, Wolcott, CT

Discussion Topics:

- Reading and understanding nutrition facts
- How to use nutrition labels to make healthier choices
- Organic, Non GMS, Free Range and more
- “Made with” labels: whole grains, low sodium, etc.

Registration:

To register, please email Donna Belval at the Wolcott Senior Center at dbelval@wolcottct.org

