



Join Nutrition Services for a Brand New Workshop

FILL UP WITH FIBER!

WHEN:

Thursday, September 23, 2010

Registration: 8:30 A.M.

Program: 9:00 A.M. to Noon

WHERE:

Jack London Aquatic Center

115 Embarcadero, Oakland, CA 94608

(For directions, go to www.JLAC.org)

COME AND LEARN:

- What is fiber?
- Why do I need it?
- How much do I need?
- How can I get enough?
- How to recognize misleading claims about whole grains.

Name _____ Phone _____

Organization _____

Organization Address _____
 _____ Number and Street _____ City _____ Zip code _____

Email _____

Please complete the form and fax it to **Gail Wax** at **510.595.6486**. Or, email the information above to gail.wax@acgov.org with **Fill Up With Fiber** in the subject line. If you have any questions regarding registration contact Gail at 510 595-6485.

Registration Form - Please Print