

We're saving a seat for you. Don't Forget to RSVP

NUTRITION SERVICES PRESENTS

THE SECRETS OF SODIUM AND THE NEW DIETARY GUIDELINES

A FREE HALF-DAY WORKSHOP FOR COMMUNITY PARTNERS

APRIL 29, 2011

8:45am - 12:00pm

Alameda County Office of Education
313 West Winton, Hayward, CA

DISCOVER...

The secrets of sodium and its role in nutrition and healthy living

LEARN...

Nutrition Services' updated education module that is designed for you to share with your community

EXPERIENCE...

Fun, hands-on activities useful in reducing sodium intake

HEAR...

An update on Alameda County health data and the new Dietary Guidelines

SHARE...

Your success stories and best practices among community partners.

PLEASE RSVP BY APRIL 20, 2011
(510) 595-6454 or email gail.wax@acgov.org



Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department

Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609 • 510-595-6454 • www.healthylivingforlife.org

This material was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.