

Free Health Seminars

Dr. Mary Ann Ley Presents

“ANATOMY OF A LABEL”

What are you really eating? Labels can be confusing and misunderstood. There is valuable information to be gained by knowing what to look for. Join us to find out what is in your food and how you can make better choices!

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	

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Monday, February 25 6:00 PM

Seminar held at Achieve Wellness Chiropractic Center

110 W. Padonia Road

Timonium, MD 21093

Call: 410-628-9355 to reserve your seat!!

BRING A FRIEND and a Label from your favorite food!