

# FOR YOUR HEALTH

Health & Wellness Workshops



## Which of these is food?



Yes \_\_\_\_\_ No \_\_\_\_\_



Yes \_\_\_\_\_ No \_\_\_\_\_



Yes \_\_\_\_\_ No \_\_\_\_\_

## Did You Know?

Not everything we can put into our mouths and digest is actually food. Some things you eat are, over time, having a detrimental affect on your health. Some side effects of your hazardous diet may include cancer, clogged arteries and other ailments.

What can be done? Visit our health and wellness workshop to find out! Health consultant Al Milligan will teach you how to know whether or not what you're eating is actually providing you with the nutrition your body needs. Improve your health through healthy eating!

- Thursday, 24 September, 2020
- 5:30 p.m.
- The Lyndon FreightHouse - 1000 Broad Street, Lyndonville, VT 05851
- **Must wear a mask!**
- Bring a friend, you both get a coupon for a FREE dessert!
- Snack Provided!
- Please bring this flyer with you!