



Change your diet,  
*change your life.*

Seminar 2: Whole Grains and Label Reading

“Tasting Whole Grains: The Complete Protein Quinoa”

“Whole grain vs. White Carbs”

“Food Shopping and Label Reading”

... and many more important tips to improve your health.

**What:**

**Free Food Demonstration**

Terri Geiser, KCHD health education program manager  
and cooking instructor with the Glass Bazaar

**When:**

**August 27, 2009, 2-3 p.m.**

**Where:**

**KCHD Auditorium**

140 Dameron Ave. Knoxville

Please call 215-5170 to register.

