Consumer Beware: Food Products Could be Hazardous to your Health

Dates: Tuesday, March 1, 2016
Time: 1:00-3:00p.m.
Location: JFK University
100 Ellinwood Way
Pleasant Hill, CA 94523

Ask for classroom location at front desk

Fee: $20 ($18 for Emeritus members)

Did you know that the word "natural" on a product label is virtually meaningless? Or that almond milk is a poor substitute for real milk? Did you know products can claim "0 grams of Trans Fat" even though they DO contain this artery-clogging fat? Join us for a fun and lively session to bust some myths and learn how to arm yourself so that food industry marketing departments aren't sabotaging your health.

Instructor Bio:

Janet Franklin, RD is a Registered Dietitian Nutritionist who teaches throughout the East Bay. She is dedicated to helping people improve their health by making informed decisions about their diet. She is also passionate about good food.

Register by phone: 925-969-4316
Email your registration form to: emeritus@dvc.edu
Mail in your registration form