



DO YOU KNOW WHAT'S *REALLY* IN THE PRODUCTS YOU'RE FEEDING YOUR FAMILY?

Join us for an informative look at what
manufacturers are doing to our food supply and
what we can do about it.....

Label Reading Made Simple

Presented by Maria Gordon, Registered Dietitian

*WHERE: Colorado Optimal Health
The Office of Dr. Jeff Anderson, DC
3190 South Wadsworth Boulevard, Suite 230
Lakewood, CO 80227*

Tuesday, August 2nd 6:30-7:30pm

You will learn:

- How commonly used food products are adversely affecting health and promoting disease
- Simple steps you can take to protect your family
- Ingredients to avoid and why
- Reduce your risk of disease and learn how to begin the process of prevention!

For more info & to RSVP please call Maria Gordon
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Or Call Colorado Optimal Health
303-986-5400

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