



CANOGA PARK SENIOR  
ADULT CENTER

7326 JORDAN AVE. CANOGA PARK  
818-340-2633

“LEARNING LUNCHES”

# Nutrition 101

## Reading Labels and Sugar

THURSDAY, SEPTEMBER 12TH

11:30AM TO 12:30PM

PRESENTED BY TANYA SCHWARTZ WITH THE  
DEPARTMENT OF AGING

LEARN HOW TO READ NUTRITION LABELS  
AND HOW MUCH SUGAR IS IN THE FOOD  
YOU ARE EATING!

**See you there!**

