

# Wellness Wednesdays @ Remède

Do you feel confused by nutrition labels and food claims?  
Do the numbers in product ingredients lists leave you feeling worried?  
Are you unsure what a well-balanced and nutritious diet really is?

## Nutrition Secrets

**How to read food labels and eat like a nutritionist!**

a seminar with **Jan Purser** - Naturopathic Nutritionist & Food Writer

**Wednesday 2 May - 7:30pm**



In this seminar, high-profile nutritionist & food writer, Jan Purser, will teach you how to read labels and which ingredient numbers are fine and which to avoid and why. You'll also learn what healthy eating *really* means and how you can optimise your nutrition to achieve your health and weight management goals, including recipes & practical nutritional advice that will leave you feeling inspired!

**Free** - bookings essential to reserve your seat  
Call **9286 1166** or [reception@remede.com.au](mailto:reception@remede.com.au)

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wellness medicine

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