Then come along to a nutrition information evening for up-to-date advice from Accredited Practising Dietitians (APDs) from Latrobe Community Health Service (LCHS).

The presentation will cover:

- How to understand food labels and what to look for in packaged foods
- Nourishing growing bodies
- Fuelling active kids - what to eat before, during and after sport
- Putting it all together - healthy meal ideas

**Warragul Campus Session:** Monday 19 October 7.00 pm – 8.30 pm
Warragul Secondary School Science Centre Lecture Theatre, 150 Bowen Street

**Traralgon Campus Session:** Tuesday 20 October 7.00 pm – 8.30 pm
Traralgon Campus Library, 46 Cross’s Road