



# Seminars

**Source4Women® offers seminars covering the health topics that may be important to you and your family, at no additional cost to you.**

Our seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may e-mail our speakers with your questions during the presentation and they will respond during a question and answer session.

## Food Labels 101

Kathleen Zelman, MPH, RD

March 10, 2015, 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

Good nutrition is generally the foundation of your health and it all starts in the grocery store. Stocking your kitchen with the most nutritious foods is important to help you and your family get all the nutrients needed for growth, development and good health. Join us for this enlightening seminar that is designed to increase your understanding of how to choose the healthiest foods, read food labels, decipher label claims and interpret nutrient percentages. We will also discuss what the new food label will look like.

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**Kathleen Zelman,  
MPH, RD**

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She currently serves as director-at-large on the American Dietetic Association (ADA) Board of Directors, and received the prestigious ADA “Media Excellence Award” for her contribution and commitment to educating consumers about food and nutrition issues through the media.



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