

Food Allergy 101 Information Session

Join Atlantic Superstore's Pharmacist and Dietitian to learn more about:

- ◆ Signs and symptoms of an allergic reaction
 - ◆ Common causes of anaphylaxis
- ◆ How to use an auto-injector (i.e. EpiPen, Allerject)
- ◆ Tips for creating an "allergy-aware" environment
- ◆ Overview of "how to read a food label" to avoid potential allergens
- ◆ 45 minute in-store tour with dietitian

Date? Wednesday September 10th, 2014

Time? 6pm-8pm

Location? Saint John Superstore: 168 Rothesay Avenue
Cooking School

To Register, please contact Vanessa MacLellan, RD at 650-8027 or vanessa.maclellan@loblaw.ca

