



# Eating Well with the New Canada's Food Guide

# CONTEST

Complete the *Eating Well Your Way* Contest and enter your ballot for a chance to win!

Contest runs until

Pick up entry forms at

Prizes

Answers can be found in the 2007 Summer edition of the Health Issues Newsletter and the Wellness Brochure, "4 Your Health." Or go online at [www.wechealthunit.org/workplace-wellness](http://www.wechealthunit.org/workplace-wellness) under *Initiatives, Eating Well Your Way.*