

Patients' Council Diary of Events Report Form

Event Title	Diabetes UK Rochdale Voluntary Support Group
Date	13th May 2010
Author	Barbara Allen
Overview of Event	<p>The group this evening were given a talk on food labelling, which was very informative making us more aware of what we are looking for to help enable us to understand what all the different figures mean.</p> <p>The advice given was that if possible where stores use the traffic light system to try to aim for the green and amber products and only use the red on occasions.</p> <p>Everyone agreed that it is a minefield when shopping with all the different labels.</p> <p>The next meeting will be on Thursday 10th June the speaker will be Kathryn Meigh on COPD Awareness.</p>

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PLEASE SEND TO JOHN DEAKIN AT john.deakin@patientscouncil.org.uk or Atrium House,
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