

'Fed Up' to show twice at AMH this fall

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Before you take another bite...

It's time to get real about food.

According to the film "Fed Up," sugar -- currently added to 80 percent of processed food on U.S. store shelves -- is responsible for America's rising obesity rate, which is occurring despite the tremendous emphasis placed on exercise and portion control for those who are overweight.



Presents:



*"Fed Up" is a production of
Swank Motion Pictures
and is presented in partnership with the
Madison County Partnership
for Community Health
Obesity Reduction Committee*

TWO SHOWINGS

**AMH Cafeteria
Meeting Rooms A/B**

**Thursday, Sept. 10
and Thursday, Oct. 1
6:30 p.m.**

***Call 1-800-392-0936
to register***

FREE!

(Light refreshments included)

***Have your health....
and live it, too!***

Alton Memorial Hospital, in partnership with the Madison County Partnership for Community Health's Obesity Reduction Committee and Swank Motion Pictures, will present two showings of the movie "Fed Up." The first showing will be at **6:30 p.m. Thursday, Sept. 10**, in the cafeteria meeting rooms. The second showing will be **Thursday, Oct. 1**, same time and location. **To register for either showing, call 1-800-392-0936.** Registration is free and light refreshments will be provided.

"Fed Up" was made in 2014 and is narrated by Katie Couric. According to the film, sugar -- currently added to 80 percent of processed food on U.S. store shelves -- is chiefly responsible for America's rising obesity rate, which is occurring despite the tremendous emphasis placed on exercise and portion control for those who are overweight.