

# Nutrition Workshop



Learn about healthy food and beverage choices from a UW Extension Nutritionist. Different topics will be offered each week.

This workshop meets from **9:30 - 11am** each Thursday from January 10 - February 28.

*Attend all eight workshops and receive a grocery store gift card!*

## **Location:**

The Women's Center  
505 N. East Ave.

Waukesha, WI 53186

Business: 262.547.4600

24-Hour Hotline: 262.542.3828

[www.twcwaukesha.org](http://www.twcwaukesha.org)

Registration is encouraged by calling Jesikah at 262.547.4600. There is no cost to attend and childcare may be available by appointment.



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