



Nutrition Group

Lessons are taught by a trained UW-Extension FoodWise Nutrition Educator. Music, movement and fun included!

Tuesdays from 5:00-6:00pm

May 14th: Welcome to Eating Smart, Being Active

May 21st: Get Moving

May 28th: Plan, Shop, Save

June 4th: Fruits & Veggies: Half Your Plate

June 11th: Make Half Your Grains Whole

June 18th: Go Lean with Protein

June 25th: Build Strong Bones

July 2nd: Celebrate! Eat Smart & Be Active

Nutrition gifts and cooking with each session.
Attend all 8 and get a grocery gift card!

Sign up Today:

Please call Jesikah at
262.522.3827 to
register.

There is no cost to
attend and childcare
may be available by
appointment.

Location:

The Women's Center
505 N East Avenue
Waukesha, WI 53186
Business: 262.547.4600
Hotline: 262.542.3828
twcwaukesha.org

THE
**Women's
CENTER**
Safety. Shelter. Support.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



These services have
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