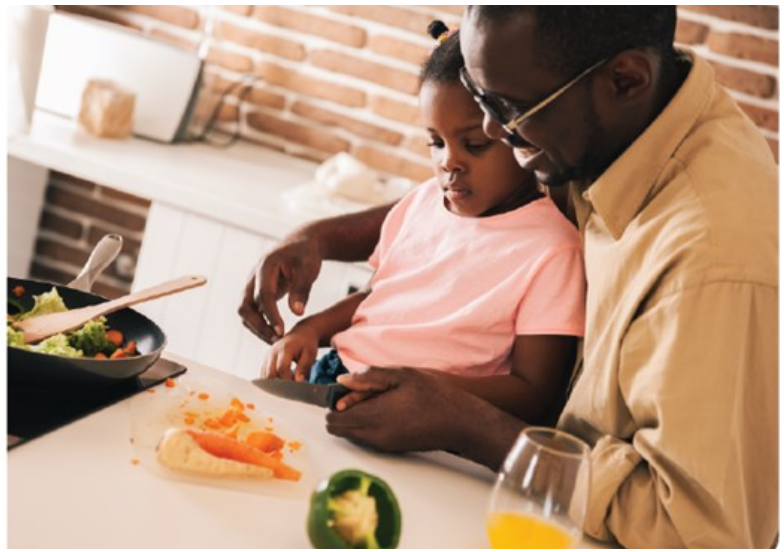


THINK HEALTHY
HAS TO BE
HARD?

Not with us on your side.



FREE ONLINE
YUCK to YUM
PARENT SERIES

Tuesdays at 8pm
Nov. 17– Dec. 1

Wednesdays at 1pm
Nov 18 - Dec 2

Tech support starts 15 minutes before class

FoodWise Nutrition Classes

Make the healthy choice, the easy choice.

Is mealtime a stressful time for your family? This class is for you. Connect with other parents & learn new ways to navigate mealtime & choose healthy foods for your family.

We are taking our popular Yuck to Yum series & bringing it online! We will hold a series of 3 night classes available via Zoom interactive web platform. Zoom is free & easy to use from your phone or computer. The final class will be an in-person cooking class where you can meet your classmates & learn how to cook a healthy meal with your child.

REGISTER TODAY!

Call: 715-343-6254

email: penny.schmitt@wisc.edu

Register online: <https://portage.extension.wisc.edu/nutrition-education/nutrition-education-classes/>



Or find us on Facebook @PortageWoodFoodWise



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