

WIC Nutrition Class Topics April 2017-June 2017

| Topic | Infant Class: Fun & Feeding for a Healthy Weight | Pregnant Class: Breastmilk: Every Ounce Counts! | Child/General Class: Shop Local, Eat Fresh |
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| Target Audience | This class is designed for parents with infants ages 0-12 months. | This class is designed for pregnant women in any trimester and their partners. | This class focuses on general healthy practices that help you make the best decisions for your entire family. |
| Overview | Discussion on knowing when and how much to feed your baby and how to keep them at a healthy weight. | Discussion and activity on the health benefits of breastfeeding for both baby and mom. | Interactive Jeopardy-style game to educate participants on shopping at local farmers markets and the benefits of doing so. |
| To find out the date and time that these classes will be held at your local WIC office, please call 512-972-4942. | | | |



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April 2017

Đây là cơ quan phục vụ bình

