

Starting on Wednesday February 13, 2013

Time: 12:30 - 1:30 pm

TEAM'S VALLEY FAMILY RESOURCE CENTER  
&  
DERBY PUBLIC LIBRARY  
PRESENTS  
AN INTERACTIVE 3 SESSION NUTRITION  
PROGRAM

Move, Laugh & Learn!

◆ A SPECIAL TREAT FOR FAMILIES ON  
WEDNESDAY FEBRUARY 27, 2013

*Presented by Ms. Nicole Heriot that will  
get you moving, laughing and learning.*



**Childcare and light lunch  
provided.**

**Where – Derby Public Library  
313 Elizabeth Street Derby, CT  
When – Wednesday, February 13, 20, and  
27**

*The first two sessions facilitated by  
Carolyn Hart will cover :  
NUTRITION FOR LIFE !*

- ◆ Importance of Nutrition
- ◆ Nutrients
- ◆ Dietary Guidelines
- ◆ My Plate Food Guidelines
- ◆ Nu Val System
- ◆ USRDA



To register contact  
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