

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.*

*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



**Childcare and light lunch
provided.**

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



To register contact
Ayanna Williams @ 203.736.5420 x208
Or
Sue Sherman @ 203.736.1482