## MARCH Lunch & learn:

## BRING BACK THE FAMILY MEAL



## Bring your lunch and join us!

As schedules and families get busier, it is hard to find time to sit down together for a family meal. If this sounds familiar to you, attend this presentation to learn:

- Quick and nutritious meals to make
- How to balance family meals with a busy schedule
- · Lasting impact of family meals

presenter: Sarah Siegel, Family Living Educator; Wood County

UW-Extension

date: Thursday, March 16

time: 12:00-12:45pm

location: Wood County Courthouse, Room 114

RSVP: Appreciated for room set-up: Wendy Young at 715-421-8437 or

wyoung@co.woodwius

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity by calling 715-421-8437 so that proper arrangements can be made. Requests are kept confidential.



## **Presenting Partners:**

- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

This event is open to the community!

It is part of the Wood
County Employee Wellness
Program. Employees can earn
100 wellness points for
Quarter 2