



ADAMS COUNTY HEALTH & HUMAN SERVICES DEPARTMENT

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FOR IMMEDIATE RELEASE

11/7/18

CONTACT

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EAT HEALTHY, BE ACTIVE WORKSHOPS

Do you want to learn how to eat healthy and be active while on a budget? Be Healthy Adams County is holding 6 FREE workshops starting on December 10th at Adams-Friendship Elementary School. The workshops run from 5:30-6:30pm. Check out the FREE Lighted Schoolhouse dinner that starts at 5:00pm before coming!

Workshop topics include:

- Healthy Foods Taste Great (December 10)
- Quick, Healthy Meals & Snacks (January 7)
- Eating Healthy on a Budget (January 21)
- Losing Weight & Keeping it Off (February 4)
- Healthy Eating as a Lifestyle (February 18)
- Physical Activity & Living Well (March 11)

Participants that attend all 6 workshops will be entered into a drawing to win prizes that will help them eat healthy and be active.

These workshops will also be offered at the Lester Public Library of Rome in the Spring.

For more information, contact Suzanne Schreiner, Community Health Specialist, at 608-339-4375 or suzanne.schreiner@co.adams.wi.us.

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