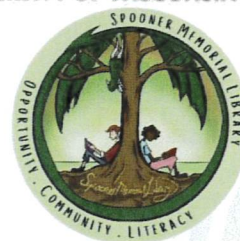


Walk with FoodWise

**FOOD
WISE**
Healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON



Lessons on how to **eat well**, prepare **delicious foods**, and be **active on a budget**



WHAT TO EXPECT



Move More: A progressive walking program that increases walking time each week.



Eat Well: Learn about nutrition and how to fuel your body.



Stay Motivated: Gain confidence and support in making movement a habit.

KEY DETAILS



LOCATION:
Spooner Memorial Library



DAYS AND TIME:
Tuesdays/Thursdays 11:00 - 12:15 PM



DURATION:
June 9 - July 16
Meets 2x a week for 6 weeks



LESSON LENGTH:
75 minutes
including lessons, walking, and guided warm-up/cool-down

For more information, contact:

Andrea Gardner andrea.gardner@wisc.edu
or scan QR code to REGISTER

