Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

Healthy hearts for Valentine's Day

February, day and time to be announced
Pyramid Holistic Wellness Center
79 Merchants Row, Rutland

Pyramid Holistic Wellness Center is partnering with your local WIC agency for Valentine's Day. William Kelly, owner/practitioner/instructor, is welcoming WIC moms to join him in a free fitness class. The Pyramid offers many fitness classes for all levels. Start your path to a healthy heart this Valentine's Day by kicking up your exercise routine.

The class will have limited space, so make sure to call WIC at 786-5111 to sign up ahead of time.

Children's story time

Thursday, December 15
10:00–10:45 a.m.
Rutland Free Library
Fox Program Room
10 Court Street, Rutland

Join June Osowski, Children's Librarian, and WIC for a special time filled with stories, songs, movement and a fun craft. No registration is required. Suggested for ages 2 and older.

Free and open to all.

Baby shower

Tuesday, January 31
10:00–11:00 a.m.
2nd floor conference room
Asa Bloomer Building, Rutland

WIC Breastfeeding Peer Counselors are throwing a Baby Shower. We will celebrate with fun games and free baby clothing. Don't miss out on a great opportunity to meet new and expecting moms just like you.

For more information and to sign up call Jill at 786-5111.

All activities are FREE of charge!

Read with me!

January
day and time to be announced
Parent Child Center
61 Pleasant Street, Rutland

Join WIC for this fun mid-winter reading event. We will be reading 3 great winter time children's books and doing an arts and crafts activity along with them. Each family that comes gets a copy of the books to bring home and read. Snacks and beverages provided.

Call 786-5110 for more information or register.