

# 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

## Kite flying

Wednesday, March 29; 11:00 a.m.–Noon  
Giorgetti Park  
2 Oak Street Extension, Rutland

Join WIC as we celebrate National Kite Month by making your very own kite and flying it around Giorgetti Park. While making a kite, children and parents will learn about fun outdoor spring activities.

Call Justin at 786-5110 to learn more.



## Babies and toddlers rock

Monday, April 10  
10:00–10:30 a.m.  
Rutland Free Library  
Fox Program Room  
10 Court Street, Rutland

Babies and toddlers rock is a music and preliteracy program. Children and caregivers will sing and move to favorite songs and possibly learn new ones. WIC will provide a recipe to go with the day's theme and a sample to try. Suggested for ages 0–24 months.

No registration is required.

## Children's story time

Thursday, April 20  
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. WIC will provide a recipe to go with the day's theme and a sample to try. Suggested for ages 2 and older.

No registration is required.

All activities are FREE  
of charge!



## Baby shower

Tuesday, April 25  
10:00–11:00 a.m.  
2nd floor conference room  
Asa Bloomer Building, Rutland

The Maternal Child Health/Breastfeeding Coalition and WIC Peer Counselors are throwing a baby shower for new mothers and mothers-to-be. The shower will include fun games with the chance to win a variety of gifts, delicious food, and a great opportunity to meet a solid support system to help you with breastfeeding when your little one is born.

Look for your invitation in the mail from your Peer Counselor.

If you are expecting or have a new little one and want to come celebrate, call Jill at 786-5111.

## Growing gardens

Friday, May 5; 10:00–11:00 a.m.  
Depot Park (across from Walmart)  
Rutland\*

Spring is here and it's time to get our gardens growing. Join us to plant seeds and learn how to grow your very own garden. It's something you will be able to enjoy all summer long!

Call Jill for more information at 786-5111.

*\*If there is stormy weather it will be held on the first floor of the Asa Bloomer Building.*