Grewing Healthy Families

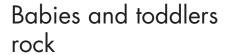
RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program 300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802

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.



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.