

Complete your Nutrition Activity by: _____

Your next WIC appointment will be scheduled for the month of:

Nutrition Activities

Happens Every Month

- **WIChealth.org:** Go online to complete an activity. Contact Rutland WIC at 802-786-5811 to get your WIC ID.
- **EFNEP Cooking Courses:** Virtual classes. Eat, Smart, Move More cooking series for WIC Families. Contact Maire Folan at Maire.Folan@uvm.edu 802-334-7326.
- **Virtual Breastfeeding Class:** Hosted by Rutland Regional Women's Health. Call 802-775-1901 to sign up or for more information.
- **Let's Talk About Teeth:** An online virtual discussion group led by a dental hygienist, Pari Motia. Contact Rutland WIC to register 802-786-5811.
- **Childcare Center Coloring Page:** Connect with Rutland WIC to see if your childcare is offering the Nutrition Activity Coloring pages. Call 802-786-5811.
- **Preparing to Breastfeed, The Secrets of Baby Behavior, and Understanding Your Baby's Cues:** Virtual discussion group. Learn how to know what your baby is telling you and get tips on beginning a strong relationship with your baby. Contact Rutland WIC to register 802-786-5811.
- **Prenatal Baby Behavior/Postpartum Baby Cues/Pumping Classes:** Held the 4th Wednesday of every month. Contact our Breastfeeding Designee, Ashley Godzik, for more information at 802-786-5103. For October and December, this will be held the 3rd Wednesday of the month.
- **Be Bright at Night:** WIC has partnered with the Medical Reserve Corps to provide reflectors for you and your family to stay safe and active at night! To learn more about upcoming events contact Rutland WIC at 802-786-5811.
- **Nutritionist call:** Call and speak one-on-one with a WIC nutritionist! Contact Rutland WIC to set up an appointment today at 802-786-5811.

This institution is an equal opportunity provider.

Updated November 2024

One Time Events

- **Yoga for Littles:** Join Tiny Trees Yoga at the Rutland free Library, located at 10 Court Street, Rutland, VT 05701, every Wednesday in November from 4:30 pm to 5:15 pm designed for ages 2 and up! It's a wonderful opportunity for kids to move, relax, and connect with their bodies in a fun, supportive environment. For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Health connections - Moving and grooving:** Join Nurse Kathryn at the Rutland Free Library, December 13th from 10:00 am to 11:00 am. This month's focus is on moving our bodies! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Zumba for kids:** Get ready to dance and have fun at "Zumba for Kids" every Thursday in January from 11:30 AM to 12:30 PM at the Rutland Free Library, located at 10 Court Street, Rutland VT 05701. This energetic class is designed for children ages 4 and up, combining lively music and easy-to-follow dance moves to keep them active and engaged! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.
- **Little Heart's Valentine's Day Party:** Join WIC February 14th from 10:00 am to 11:00 am in the WIC clinic space in the ASA Bloomer Building for a fun-filled morning with Valentine's-themed snacks, crafts, and activities! We will have heart-healthy snacks to enjoy with your little ones and a Valentine's Day craft station! Come share love, connect with other families, and make some sweet memories with us! For more information and to sign up for a reminder text, call Dolores at 802-786-5105.

Did you attend an activity? Let WIC know.

- Call the Rutland Local Health Office at 802-786-5811.
- Email ahs.vdhrutland@vermont.gov.
- Text 833-945-5334.
- Scan the QR code below.

