



# ADAMS COUNTY HEALTH & HUMAN SERVICES DEPARTMENT

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## FOR IMMEDIATE RELEASE

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### CONTACT

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## EAT HEALTHY, BE ACTIVE WORKSHOPS

Do you want to learn some new tricks on how to eat healthy and be active on a budget? Be Healthy Adams County is hosting 6 FREE workshops just for you! The workshops will be held at the Lester Public Library of Rome on Tuesdays May 7-June 11 from 10-11am.

Workshop topics include:

1. Healthy Foods Taste Great (May 7)
2. Quick, Healthy Meals & Snacks (May 14)
3. Eating Healthy on a Budget (May 21)
4. Losing Weight & Keeping it Off (May 28)
5. Healthy Eating as a Lifestyle (June 4)
6. Physical Activity & Living Well (June 11)

Special guest presenters from Gundersen Moundview Physical Therapy Department will be at workshops four and six.

Pre-registration is required. Workshops that have less than 5 participants will be canceled.

Attend all 6 workshops to be entered into a drawing to win prizes!

For more information or to register, contact Suzanne Schreiner, Community Health Specialist, at 608-339-4505 or [Suzanne.schreiner@co.adams.wi.us](mailto:Suzanne.schreiner@co.adams.wi.us).

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