

MARCH lunch & learn:

# BRING BACK THE FAMILY MEAL



Bring your lunch and join us!

As schedules and families get busier, it is hard to find time to sit down together for a family meal. If this sounds familiar to you, attend this presentation to learn:

- Quick and nutritious meals to make
- How to balance family meals with a busy schedule
- Lasting impact of family meals

**presenter:** Sarah Siegel, Family Living Educator; Wood County UW-Extension

**date:** Thursday, March 16

**time:** 12:00-12:45pm

**location:** Wood County Courthouse, Room 114

**RSVP:** Appreciated for room set-up: Wendy Young at 715-421-8437 or [wyoung@co.wood.wis](mailto:wyoung@co.wood.wis)



## Presenting Partners:

- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

This event is open to the community!

It is part of the Wood County Employee Wellness Program. Employees can earn 100 wellness points for Quarter 2