

WIC Classes

In addition to offering classes every month on the topics of **nutrition during pregnancy, breast feeding, infant nutrition and child nutrition**, WIC will offer the following classes during 2007:

January, February, March:

Easy Meals for Busy Families

April, May, June:

Myths about Dieting

July, August, September:

Nutrition Labeling and Trans Fats

October, November, December:

Navigating through the new WIC Website

Coming in 2008:

January, February, March, 08.....Using WIC Foods