

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding to our class schedule. Currently we have the following classes set up for the spring but you can join at any time of the year. We would like to expand our program to the Western side of the county. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136. The next instructor training session is on March 15th in Tomah. The class is paid by the Shawano County UWEX.

Spring Strong Bones Sessions:

Zion Lutheran Church
1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
March 28th to June 8th
Sue True & Carol Stern

Mon/Wed 8:30 am – Advanced class
March 28th to June 8th
Linda Olson

Tue/Thur 7:30 am – Regular class
March 29th to June 9th
Kara Skarlupka

Tue/Thur 7:30 am – Advanced class
March 29th to June 9th
Nancy Schultz

Mon/Thur 2:30 pm – Regular class
March 28th to June 9th
Chris Verbeten

Sacred Heart Church
302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
March 29th to June 9th
Jeanne Kaczrowski

Total Fitness
203 E Green Bay Street, Shawano
Mon/Wed 12:00 pm – Regular class
March 28th to June 8th
Sue True

St. Francis Solanus
724 Mader Street, Gresham
Mon/Thur 4:05 pm – Regular class
March 28th to June 9th
Sandy Schinke
CLASS FULL

Mon/Thur 5:15 pm – Regular class
March 28th to June 9th
Charlotte Schwartz

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class
March 28th to June 10th
Kara Skarlupka

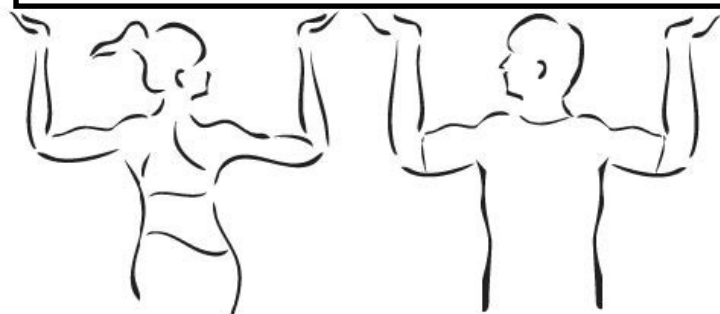
Clintonville Community Center
30 S Main Street, Clintonville
Mon/Thur – 1:00 pm – Regular class
March 28th to June 9th
Tami Buchholz

\$30 registration fee includes class materials
Minimum Class size is 15

Mohican Family Center
N8605 Oak Street, Bowler
Mon/Wed – 5:00 pm – Regular class
March 28th to June 8th
Peggy Lemke

At the present time you can attend the Mohican Family Center class free of charge. No excuses!!

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

March—April. 2016



Press Release February 2, 2016

For National Nutrition Month® 2016, the Academy of Nutrition and Dietetics is encouraging everyone to "Savor the Flavor of Eating Right" by taking time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to your life.

"Food nourishes your body and provides necessary fuel to help you thrive and fight disease," says registered dietitian nutritionist and Academy of Nutrition and Dietetics Spokesperson Kristen Gradney. "Food is also a source of pleasure and enjoyment. 'Savor the Flavor of Eating Right' by taking time to enjoy healthy foods and all the happiness they bring to your life."

Enjoy Food Traditions and Social Experiences

There is an obvious social component to food. Whether a nightly family dinner, special holiday occasion or social gathering, food often plays a central role.

"Research indicates that family meals promote healthier eating and strengthen family relationships," Gradney says. "Prioritize family meals and enjoy the food traditions that accompany any type of social gathering."

Appreciate Foods Pleasures and Flavors

Take time to appreciate the flavors, textures and overall eating experience. In today's busy world, we often eat quickly and mindlessly. Instead, try following this tip to help you savor the flavor of your food: Eat slowly.

"Eat one bite at a time, and focus on the different flavors and textures," Gradney says. "Stop and take time between bites. Eating slowly not only allows you to enjoy your food, but it can also help you eat less by giving your stomach time to tell your brain that you are full."

Develop a Mindful Eating Pattern

How, when, why and where you eat are just as important as what you eat. Being a mindful eater can help you reset both your body and your mind and lead to an overall healthier lifestyle.

"Think about where you eat the majority of your meals," Gradney says. "Many eat lunch at their desks or dinner in front of the television. Take a few minutes out of your busy schedule to find a nice place to mindfully eat instead of multitasking through your meals."

"A healthy lifestyle is much more than choosing to eat more fruits and vegetables," Gradney says. "It's also essential to make informed food choices based on your individual health and nutrient needs."

Source: <http://www.eatrightpro.org/resource/media/press-releases/national-nutrition-month/for-national-nutrition-month-enjoy-food-traditions-and-experiences>



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

UWEX nEXT Generation

Greetings everyone!

FROM NANCY'S DESK!!

It is hard to believe that spring is just around the corner. March is National Nutrition month and this year's theme is "Savor the Flavor of Eating Right". Isn't it amazing how many times we get together with others, and food is involved. Food brings us together for many reasons, such as holidays, family meal time or social gathering. This year's theme encourages each of us to enjoy food traditions and social experiences, appreciate the pleasures and flavors of the foods we eat, and to develop a mindful eating pattern. It is up to us to make informed food choices based on our health and nutritional needs.

In April, I will be celebrating 3 years of being Family Living Educator at the UW-Extension. It has been an amazing experience. It has been fun getting to know so many of you in the programs that I have implemented within the county. One of the things that has struck me the most is the number of people that are willing to volunteer on projects that we have done. The outpouring of support has been amazing. Thank you.

I also wanted to share with you some information about what is happening with the UW-Extension. Following reductions in state funding, Cooperative Extension needs to cut \$3.6 million from its annual budget. The cuts will be spread across programs within Cooperative Extension. So many of you have been asking questions about these cuts, so I wanted to share with you what the Cooperative Extension will be working on next. A steering group has been selected to help lead us through these steps. Over the next 6-8 months, they will develop implementation plans that will reflect reorganization priorities approved by the chancellor. Planning work groups will tackle specific implementation challenges. So, what can you do to help us? We ask that you continue to support the UW-Extension as we move into the nEXT Generation.



Raising A Thinking Child

If you are a parent of a 4-7 year-old and your child has experienced any of the following:

- Temper tantrums
- Difficulty making or keeping friends
- Impatience or interrupting
- Not listening

Then the Raising a Thinking Child workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child.

Participants will learn:

- To give their children skills to solve their own problems and think about the consequences through fun games
- How to help kids care about and understand their own and others' feelings

This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator. It is a refreshingly practical curriculum that helps you help your child learn how to think, not what to think. Through 8 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in new problem-solving ways.

In April there will be three classes of RATC available!

Monday's (April 4th through May 23rd) 6:00 to 7:30 PM at Stockbridge-Munsee Head Start—Bowler

Thursday's (March 31st through May 19th) 2:30 to 4:00 PM at Hillcrest Primary School—Shawano

The fee is \$15 per family and refundable at the completion of the class. Scholarships are available. For more information or to register please call the Shawano County UWEX offices at 715-526-6136.

Thursday's (March 31st through May 19th) 6:15 to 7:30 PM at Hillcrest Primary School—Shawano—Cost is \$25 and for Daycare Providers **ONLY**

Shawano County HCE

"Handmade Soaps and Care Products"

March 2nd 5:30 pm to 7:00 pm

Shawano County Courthouse Rooms A/B.

Come and join "Mum & Me", Bonnie Brunner will be giving a demonstration on soap making. She will have her "soaps" there for you to look at and purchase. Plus, we will have recipes for different types of soaps and hygiene products.

International Program

April 21st, 6:00 pm, Shawano Civic Center

225 S Main Street

Velkommen, frikadeller, kringle, smorrebrod, just to start with.

Karen Damgaard, foreign exchange student, will be our "tour guide" for an evening in Denmark. With her guidance, we will also have a little taste of her home country. Get your club going around the world. Do a little research. Find a some facts. Write down a few questions for Karen. Invite some non-member friends. Spread the word.

If you have things from Denmark, please bring them along for the evening's display table. A phone call to the extension office would be a big help with our preparations. Let us know about how many will be attending.

Please RSVP by calling the office at 715-526-6136. Cost is \$3.00 for non-HCE members.

Dreams of Green

Spring is fast approaching! Once again the Dreams of Green community garden will be in full bloom. If you are interested in renting a 10' x 10" plot at the garden just call our offices at 715-526-6136. We will put your name, number and email on a list and contact you when we have the Dreams of Green information meeting in April.

Shawano Community Dinner

The next "Shawano Community Dinner" will be held on Tuesday, March 22nd at the First Presbyterian Church in Shawano. The church is located at 100 Presbyterian Street across from the post office. Serving begins at 5:30 pm and usually runs until 7 pm. The dinner is free, and open to anyone who wishes to enjoy a hot meal. There is no church service, and the dinner is always varied as it is served by various volunteer groups with in the community. It is ALWAYS held the 4th Tuesday of each month, with exception to December it is held on Christmas Day. Any questions or concerns people have you can e-mail Angie Wilber at iwanttoteach@hotmail.com or call/text to 715-851-6247.

Heart of the Farm

Heart of the Farm and Annie's Project will be holding a Financial **Management Workshop Series**. The dates are Wednesdays March 2nd, 9th and the 23rd at the Liberty Hall, 800 Eisenhower Drive, Kimberly. The workshop series is for farm women who are interested in learning or improving their farm financial management, a part of the fabric of the farm life and farm business. This series will be inter-active between speakers and participants with in-class exercises to assist you in learning about farm financial management. This series is a "chalk talk" presentation Style! Cost for the workshop is \$60. For more information you can contact Liz Binversie at 920-391-4612

Heart of the Farm will also meet on March 30th from 9:30 to 3:00 pm at St John's Lutheran Church, 101 W Main Street, Gillett. **Heart of the Farm—Women in Agriculture** addresses the needs of farm women by providing education on pertinent topics, connecting them with agricultural resources, and creating supportive networks. Topics at the March 30th workshop will include: The Secrets to Making Award Winning Pies, Cooking with Fresh Herbs and Legalities of Growing, Making and Selling Food Items for Home. The cost of this one day workshop is \$20. Registrations are due by March 22nd. For more information please call 920-834-6845.

For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> •