



# FOOD SMARTS

*FREE Nutrition and Wellness Classes*

*Open to Everyone*



Topics will cover food safety, budgeting and new shopping and cooking tips.

First Monday of each month (*first class is November 2*)

2:00-2:45pm; Tech Support starts at 1:45

FREE virtual classes—participate online via Zoom or call-in on the phone. *If you do not have access to the internet, please call 715-421-8530 for an individual class.*

Register online at <https://forms.gle/p5qWu21L9TeW3e7TA> or by calling 715-421-8530

Questions? Contact Hannah Wendels at 715-421-8530



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