

STEPS TO A HEALTHIER ME!

**FREE
SUPPER**



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STEPS TO A HEALTHIER ME!

Health Coordinator Amber Desrosiers and Alan Majka, MS, RD, LD from University of Maine Cooperative Extension will be offering FREE monthly sessions for families to learn how to incorporate nutritious foods and increase physical activity in their lives. There will be one session in September, October, November, January, February, March, April & May, during the 2008/2009 School year.

ALFOND YOUTH CENTER
126 NORTH STREET, WATERVILLE, ME 04901
AMBER DESROSIERS: 207 8730684
ADESROSIERS@ALFONDYOUTHCENTER.ORG

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- **Cost: FREE**
- **What: Learn about Nutrition & Physical Activity**
- **When: Once a month, every second Wednesday from 5:30 P.M. to 7 P.M.**
- **Where: Alfond Youth Center's Kids Kitchen**
- **Who: For All Families**
- **Why: FREE MEAL and knowledge about making Steps To A Healthier ME!**



8 Sessions: Come to ONE - Come to ALL!

- **January 14, 2009**
- **February 11, 2009**
- **March 11, 2009**
- **April 2009 TBA**
- **May 2009 TBA**

* To register for this FREE program please contact Amber Desrosiers



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Any person with a disability who needs accommodations for this program should contact Amber Desrosiers at the Alford Youth Center 126 North Street, ME 04901, 207 873 0684 EXT 203 to discuss their needs at least (5) days in advance.