



Aging and Disability Resource Center of Central Wisconsin
 *Marshfield Clinic*South Wood County YMCA*Incorporate Foundation
 Wisconsin Rapids Public School District*Ocean Spray Cranberries Inc* Wood County Human Services
 Wisconsin Rapids Parks and Recreation*Wood County UW Extension* Wood County Health Department

Chronic Disease Prevention and Management Team

FOR IMMEDIATE RELEASE

Healthy People Wood County, a partnership to improve the health of our community, announces the following calendar of events:

February 2014

Event	Organization	Date	Time	Place	Cost	Contact Info	Event Description
Food Safety and Preservation Lunch and Learn: <i>Chocolate!</i>	Wood County UW-Extension	Tuesday, February 11 th	12.00 Noon – 1:00 pm	UW-Extension Office 1 st Floor of the Wood County Courthouse	None	Wood County Extension Office 715-421-8437 or familyliving@co.wood.wi.us	What better time to focus on chocolate and other sweets than Valentine’s Day! How is chocolate made and why is it now said to be a ‘healthy food?’
Food Safety and Preservation Lunch and Learn: <i>Spring Time is Food Safety Time</i>	Wood County UW-Extension	Tuesday, March 4 th	12.00 Noon – 1:00 pm	UW-Extension Office 1 st Floor of the Wood County Courthouse	None	Wood County Extension Office 715-421-8437 or familyliving@co.wood.wi.us	Spring holidays are a time for family and friends, but don’t forget food safety. Join us for a look at all that is new in food safety.
Food Safety and Preservation Lunch and Learn:	Wood County UW-Extension	Tuesday, April 8 th	12.00 Noon – 1:00 pm	UW-Extension Office 1 st Floor of the Wood County	None	Wood County Extension Office 715-421-8437 or familyliving@co.wood.wi.us	Often a bountiful harvest is linked to planting the right crops, at the right time. Learn what varieties work well in Wisconsin

<i>Planning for a Successful Gardening Year</i>				Courthouse			and tips for a successful gardening year. Mike Maddox, Master Gardener Program Coordinator
Food Safety and Preservation Lunch and Learn: <i>Tips for a Successful Year of Food Preservation</i>	Wood County UW-Extension	Tuesday, May 6 th	12.00 Noon – 1:00 pm	UW-Extension Office 1 st Floor of the Wood County Courthouse	None	Wood County Extension Office 715-421-8437 or familyliving@co.wood.wi.us	Be sure you have the right equipment and most up-to-date information prior to the start of the food preservation season. Information on steam canning should be ready for this program!
Big Feet Little Feet Family Fun Walk	HPWC Chronic Disease Prevention and Management Team	Saturday, May 10, 2014	9:00 AM	South Wood County YMCA Port Edwards	None	Jean Rosekrans 715-421-8911 jrosekrans@co.wood.wi.us	This a 1 mile family walk end back at the YMCA to start their Healthy Kids Day event, Free draw string back pack and healthy snack for each participate.
Healthy Kids Day	South Wood County YMCA	Saturday, May 10, 2014	10:00 AM – 1:00 PM	South Wood County YMCA Port Edwards	None	715-887-3240 www.swcymca.org	This is free community event that encourages kids to get moving and learning, and help families live healthier. The event helps to inspire kids and families to stay physically and intellectually all summer long.
MSTC 2 nd Annual Bike & Walk Event	MSTC Foundation	Saturday, September 13, 2014	8 am	MSTC – Wisconsin Rapids Campus	\$25	Chris Maguire 715-422-5322 or email foundation@mstc.edu	100K, 50K Bike Ride; 10K Bike or Walk All proceeds benefit students through scholarships
Arthritis Foundation	ADRC-CW	T & Th Through	9-10 AM	Marshfield Senior Comm.	\$3/class	1-888-486-9545	*Designed to help those with joint and/or muscle

Exercise Program		March 20		Center			pain achieve improved mobility, strength and endurance.
Arthritis Foundation Exercise Program	ADRC-CW	M & W through March 26	12:30-1:30 PM	Nancy Nye Villa, Pittsville	\$3/class	1-888-486-9545	*Designed to help those with joint and/or muscle pain achieve improved mobility, strength and endurance.
Tai Chi	ADRC-CW	T & Th Through March 20	10:15-11:15 AM	Marshfield Senior Comm. Center	\$3/class	1-888-486-9545	*A non-impact exercise that builds endurance and enhances flexibility, balance & coordination.
Strong Bones	ADRC-CW *in partnership with WC Health Dept.	M & W Through March 19	10-11 AM	Good Shepherd Lutheran Church-Marshfield	\$3/class	1-888-486-9545	*Designed to help adults become or stay fit, strong, and healthy. Especially beneficial for muscle strength and bone density.
Strong Bones	ADRC-CW	T & F through May 23	10:15-11:15 AM	First Congregational Church- UCC, WI Rapids	\$3/class	1-888-486-9545	*Designed to help adults become or stay fit, strong, and healthy. Especially beneficial for muscle strength and bone density.
Stepping On	ADRC-CW	Mondays 3/3-4/14	12:30-2:30 PM	Marshfield Fire & Rescue Department	Free, adults 60+	1-888-486-9545	*Designed to improve balance and reduce falls. Covers balance and strength exercises, plus information on home safety, vision, medication management, footwear, and community safety.
Stepping On	ADRC-CW *in partnership with the WC	3/6, 3/13, 3/21, 3/27, 4/3, 4/11, &	1:00-3:00 PM	Retirement Community of Nekoosa	Free, adults 60+	1-888-486-9545	*Designed to improve balance and reduce falls. Covers balance and

	Health Dept.	4/17					strength exercises, plus information on home safety, vision, medication management, footwear, and community safety.

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