

## WELLNESS WORKSHOPS

### 3-Day Series: Promoting Healthy Weight in Adults

*Find the path to better health through this course based on best practices and scientific research*



**Topic:** *Healthy Meal Planning on a Budget*

**When:** April 7, 2018 from 10:30 am-12:00 pm

**Where:** Little Walnut Creek Branch Library -  
835 W Rundberg Ln., Austin, TX 78758

**Topic:** *Health Benefits of Physical Activity*

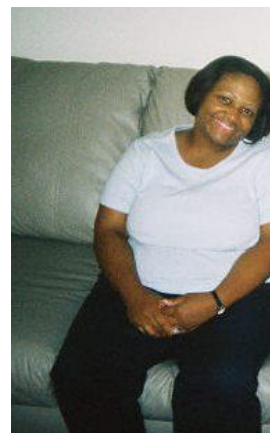
**When:** April 14, 2018 from 10:30 am-12:00 pm

**Where:** Milwood Branch Library -  
12500 Amherst Dr., Austin, TX 78727

**Topic:** *Eating Healthy While Socializing*

**When:** April 21, 2018 from 10:15 am-11:30 pm

**Where:** Willie Mae Kirk Branch -  
3101 Oak Springs Rd., Austin, TX 78702



**Bridgette Wilson**  
Fit since 2010

Brought to you by Bridgette Wilson, B.S. in Nutrition Science (Summa Cum Laude) – Kaplan University, Certified Specialist in Fitness Nutrition - International Sports Science Association (ISSA), Certified Community Health Worker (Texas A&M) and Master Wellness Volunteer, Texas A&M AgriLife Extension

**It's FREE, space is limited. Wear comfortable clothing for physical activity portion of the workshop. RSVP at 512-854-9652 or email [Angela.Reyes@traviscountytexas.gov](mailto:Angela.Reyes@traviscountytexas.gov)**

