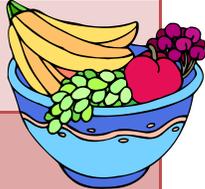




Nutrition Classes in the PERC

Walk-Ins are welcome to all classes!

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition Education Class (Lipid, IFG & Weight Management)		11AM Janesville 1 st Tuesday, Freeport 2 nd Tuesday, Beaver Dam 4 th Tuesday	1 PM Baraboo 1 st Wednesday		
Nutrition Diabetes Class	11AM Baraboo 2 nd Monday, Beaver Dam 4 th Monday			1PM Freeport 2 nd Thursday, Janesville 3 rd Thursday	
Nutrition RTC Diabetes Class					11AM
MOVE! Overview Class	11AM	11AM	11AM	11AM	
Women's MOVE! Support Class	Check with clinic on availability				
MOVE'in Forward Weekly Support Class				2PM-4PM	
MOVE Follow Up Group	1PM (2 nd and 4 th Monday)	1PM (1 st and 3 rd Tuesday)	1PM (2 nd and 4 th Tuesday)		
MOVE'in Forward Monthly Support Class	9 AM-10:30AM (2 nd Tuesday of Month)	9AM-10:30AM (2 nd Tuesday of Month) 2:30pm-4PM (4 th Tuesday of Month)			
Renal Education Class	9AM-11AM (3 rd Monday of Month)				