



2018 Quarter 3 Life Skills Workshops

- **Tuesday, July 10**—4:00pm - 5:30pm—Marguerite Lovat and Karen Early from UW extension will be providing education on healthy cooking for your family, how to make weekly meal plans, and how to use Food Share at the Farmer's Market!
- **Tuesday, August 7**—4:00pm - 5:30pm— Liza Margelofsky, a personal trainer from Bellin Health is coming to talk about how you can stay fit and healthy at home! Be sure to wear something you can move around in comfortably!
- **Wednesday, September 12**—5:00pm - 6:00pm— Join other FSS participants and instruction, Michaela Janssen, for a Yoga class! Learn the fundamental principles of alignment and breath in order to stay healthy and relieve stress! Wear something comfortable and bring a yoga mat or a towel!

All Life Skills workshops are held at the ICS office. These workshops are open to ALL Housing Choice Voucher Program participants. As a reminder, you are required to attend 10 Life Skills workshops throughout your time in the FSS Program.

PLEASE NOTE: We are NOT able to provide child care!

Please RSVP to your FSS Coordinator if you plan on attending!

920-498-3737— FSS@ics-gb.org

