

WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

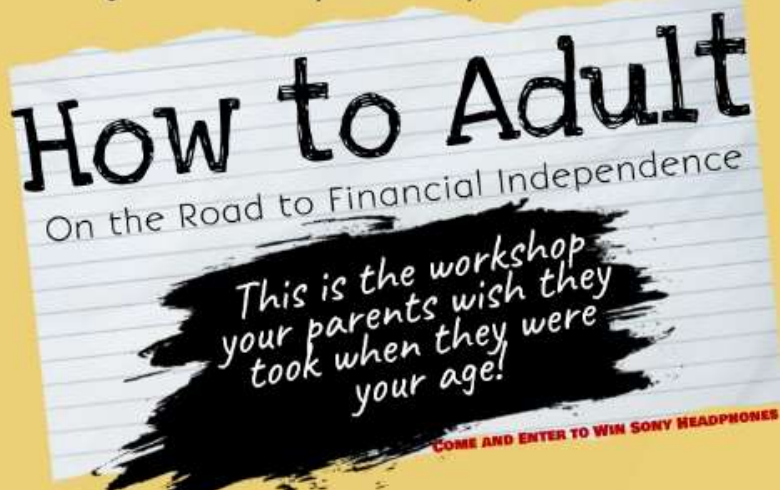
902 5 Ave., Wainwright, AB

www.wdfcs.ca



ISSUE #12 APRIL 2, 2018

Wainwright & District Family & Community Services Presents:



A Workshop for Parents & Teens!

Thursday April 12, 2018

6:00 - 8:00 p.m

Wainwright Provincial Building

+Saving for Post Secondary +Student Loans
+Budgeting +Using Credit Wisely +Moving Out

Presented by: Stephanie Evans, Mortgage Specialist, ATB



No Registration Required

Check out what's happening with Parent Link this spring break?

Tuesday April 3, 2018 @ 10-11:30a.m

Zumba Kids

Wednesday April 4, 2018 @ 10-11:30a.m

Rough & Tumble

Thursday April 5, 2018 @ 10-11:30a.m

Storytime Yoga

Friday April 6, 2018 @ 10-11:30a.m

Free Play

Children ages 0-6

No registration required

Wainwright Elementary School Gym

Use North Entrance



Check out what's happening at the library this spring break?

Tuesday April 3, 2018 @ 2-3:30p.m

Spring Art

Wednesday April 4, 2018 @ 2-3:30p.m

Spring Science

Thursday April 5, 2018 @ 2-3:30p.m

LEGO

Friday April 6, 2018 @ 2-4p.m

Games Day

Children ages 6-12

No preregistration required

Questions? Call (780) 842-2673

www.wainwrightlibrary.ab.ca



Thursday May 10, 2018

MOTHERS DAY

LAZER GAMES

Starts at 5:30pm - Lazer Tag Games - Pizza & Pop

MOTHERS & SONS

Wainwright Communiplex Blue Arena

FREE Tickets Available at

Wainwright & District FCS Office

902-5 Ave (AGES 6+)

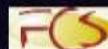
Come and prepare to have fun!

TICKETS REQUIRED

Limited Spots

Wainwright & District

Wainwright FCS Facebook- www.wdfcs.ca - Phone 842-2555





Family Ties

Adoption Support Group

Monday April 16, 2018
6:30 – 7:30 p.m.
Wainwright FCS Office
902 – 5th Ave

Questions? Call Kari (780) 842-2555

Prenatal Nutrition Class



Wednesday April 25, 2018

6:00 – 8:00 p.m.

Wainwright Provincial Building

Call 1-855-554-4774 to register

Presented by Alberta Health Services

THE POTENTIAL TO FUEL

Stay energized by planning nutritious snacks into your day

Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 percent of Canadians say they snack to stay fueled in a busy day.

FIVE TIPS FOR HEALTHY SNACKS

1. **Plan Ahead.** *Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cut up veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.*
2. **Be aware of portion sizes.** *Instead of snacking from a large bag or box, take a portion and put it on a plate or bowl.*
3. **Listen to your hunger cues.** *Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?*
4. **Skip distracted snacking!** *Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.*
5. **Snack on Vegetables!** *About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to your day.*

Healthy Snack Ideas

- Carrots and peppers with hummus
- Almond butter on banana slices
- Greek yogurt topped with berries
- Whole grain toast with peanut butter
- Cheddar cheese and apple slices
- Whole grain cereal with milk
- Sliced veggies with yogurt dip
- Tuna on crackers



Chocolate Protein Energy Bites

- 1 cup quick cooking oats
- ½ cup shredded coconut
- ½ cup peanut butter
- ½ cup honey
- ¼ cup chocolate protein powder
- 1 teaspoon vanilla extract
- ½ cup mini chocolate chips

Instructions

1. Combine all ingredients in large bowl until well incorporated.
2. Roll into 1 inch balls and serve.
3. Store in an airtight container or resealable bag in the refrigerator.

