



ANNUAL TRAININGS 2011 FOOD PROGRAM

Date	City	Place	Time	Topic
January 27 Thursday	Santa Rosa	4Cs Office 131A Stony Cir, Suite 300	7-8:30 PM	Minute Menu training
February 3 Thursday	San Rafael	Community Room Northgate Mall 5800 Northgate	7-8:30 PM	Overall Wellness
February 24 Thursday	Windsor	Community Center Rene Room 901 Adele Dr	7-8:30 PM	Overall Wellness
March 3 Thursday	Napa	CRC 3299 Claremont Wy, Suite 1	7-8:00 PM	Overall Wellness
March 10 Thursday	Rohnert Park	Round Table Pizza King Arthur Room 6314 Commerce Blvd	7-8 PM	No speaker Overall Wellness
Marzo 16 Miércoles	Santa Rosa	4Cs Office 131A Stony Cir, Suite 300	7-8:30 PM	En Español Solamente
April 13 Wednesday	Santa Rosa	DHS Conference Room 475 Aviation Blvd.	7-8:30 PM	Shape up yoga
April 6 Wednesday	San Rafael	Community Room Northgate Mall 5800 Northgate	7-8:30 PM	Overall Wellness
May 3 Tuesday	Santa Rosa	4Cs Office 131A Stony Cir, Suite 300	7-8:30 PM	Overall Wellness

Once again we will have guest presenters. Pick a date and reserve your spot now. *Seating is limited.* Call (707) 544-3077 (anytime) or toll-free (800) 977-5437 leave your name and the date of the training you will be attending. Mark your calendar when scheduling your date. **4Cs strives to provide a fragrance-free training environment. Please refrain from wearing scented products; persons with environmental sensitivities may be in attendance.**

Please leave all children at home or find alternate child care. Special arrangements can be made for breastfeeding mothers- please inquire when registering.

4C's se esfuerza por proveer un medio ambiente de entrenamiento libre de fragancia. Por favor absténgase de usar productos perfumados; personas con sensibilidad del ambiente pueden estar presentes. Por favor deje a los niños en casa o busque cuidado infantil alternativo. Se pueden hacer arreglos especiales para las madres que están amamantando- favor de preguntar a la hora de registrarse.