

# Maine Nutrition Council

Maine Nutrition Council (MNC) Quarterly events are free to members. If you are not a member of MNC, you can attend this event by joining. For membership information contact Renee Page at [rpage@mcd.org](mailto:rpage@mcd.org).

## **We Can! (Ways to Enhance Children's Activity and Nutrition)**

Alan Majka, MS, RD Assistant Extension Professor, University of Maine Cooperative Extension

**Thursday, October 7, 2010**

**11:30-1:30**

**Department of Health and Human Services, Conference Room C  
35 Anthony Avenue, Augusta, ME**

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### **Agenda**

- 11:15 Light Snack  
11:30 Alan Majka, MS, RD - We Can!

*Please note: the MNC Board of Directors Meeting will take place from 9:00-11:00*

After completion of this session, MNC members will be able to:

- Explain how four of the National Institutes of Health developed the We Can! childhood obesity prevention program.
- Identify and locate We Can! resources.
- Describe the four We Can! child curricula and the We Can! parent curriculum.
- Obtain additional training on how to implement We Can! curricula.
- List requirements for the three levels of program implementation.
- Develop an action plan to implement We Can! with partners in their communities.

### **RSVP**

**by October 4, 2010**

to Kate Yerxa: 581-3109 or [kate.yerxa@maine.edu](mailto:kate.yerxa@maine.edu)

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### **Directions to Department of Health and Human Services 35 Anthony Avenue, Augusta, ME**

#### **From the North**

Take Exit 112 off I-95 (Augusta/Belgrade and Civic Center exit)  
Take a right onto Civic Center Drive /ME-11/ME-27/ME-8  
Turn left at Darin Drive  
Turn left at Anthony Avenue

#### **From the South**

Take exit 112B for ME-27 N/ME-8 N/ME-11 N toward Augusta/Belgrade  
Turn right onto Civic Center Dr/ME-11/ME-27/ME-8  
Turn left at Darin Drive  
Turn left at Anthony Avenue