

# INFORMED DECISIONS THROUGHOUT LIFE

“ Come participate in one hour seminars provided by the HPHD Faculty at UWSP. These informative lectures cover topics for every stage in your life. ”

**SPRING 2009**  
**TUESDAY NIGHTS AT 7 P.M. – 8 P.M.**  
**CPS CAFÉ**

**Seminar Information:**

- **April 7** – Julie Keller  
Talking to Your Children About Sexuality
- **April 14** – Deborah Tang  
25 Pounds of Baby Fat: A Dietitian’s Personal Perspective
- **April 21** – Sterling Wall  
Your Marriage And Your Money:  
What’s Consumerism Got To Do With It?
- **April 28** – Jasia Steinmetz  
Saving Money and the Farm: How to Eat on a Budget and Support Local Ag
- **May 5** – Tom and Annie Wetter  
Fit Family Fun: Questions about food and fitness?  
We’ve got answers for everyone in the family.
- **May 12** – Jane Jones  
Resolving Conflict: How to get what *YOU* want and still have a happy partner.

**Free**  
**Childcare provided at the Gesell Institute**  
**Parking in Lot E behind the CPS Building**

