

October 2023



400 S Townline Rd
PO Box 1440
Wautoma, WI 54982

Phone: 920-787-5514
Fax: 920-787-9496
Email: WIC@famhealth.org

Famhealth.org/wic-services
[Instagram.com/wicmobile](https://www.instagram.com/wicmobile)
[Facebook.com/FHLCWIC](https://www.facebook.com/FHLCWIC)



*In person visits by appointment only. Please call before visiting as locations and hours may change. Visit Facebook for schedule changes related to weather.

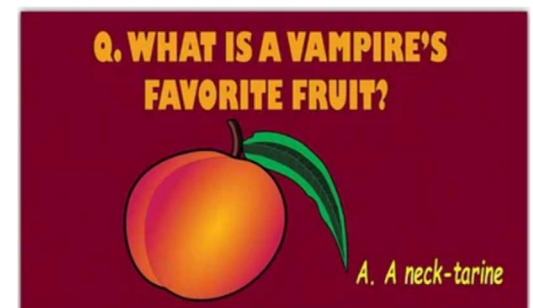
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Endeavor Ht/Wt/Lab 8:30-4:15		
8	9	10	11	12	13	14
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
15	16	17	18	19	20	21
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Poy Sippi Ht/Wt/Lab 11:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
22	23	24	25	26	27	28
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 1:00-6:00		
29	30	31				
	Wautoma 7:30-5:00	Wautoma 7:30-5:00				

Tip of the Month:



WIC offers an add-on program for families with children age 2-4 years old called **Fit Families**. Our nutrition coaches provide you with resources, tips, education, monthly newsletters, and special events to help you and your children eat **more fruits and veggies**, **drink more water**, and be **more physically active**. Better yet, your child gets a **prize \$5** in value for every month you participate! Ask us for details on how to sign up at your next appointment!

This institution is an equal opportunity provider.



November 2023



400 S Townline Rd
PO Box 1440
Wautoma, WI 54982



WOMEN, INFANTS, & CHILDREN

Phone: 920-787-5514
Fax: 920-787-9496
Email: WIC@famhealth.org

Famhealth.org/wic-services
[Instagram.com/wicmobile](https://www.instagram.com/wicmobile)
[Facebook.com/FHLCWIC](https://www.facebook.com/FHLCWIC)

*In person visits by appointment only. Please call before visiting as locations and hours may change. Visit Facebook for schedule changes related to weather.

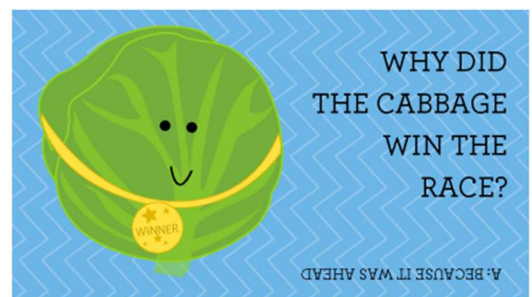
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
5	6	7	8	9	10	11
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
12	13	14	15	16	17	18
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Princeton Ht/Wt/Lab 9:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
19	20	21	22	23	24	25
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Closed for Holiday: Thanksgiving		
26	27	28	29	30		
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Wautoma Ht/Wt/Lab 8:30-6:00		



Tip of the Month:

Our WIC team is trained in breastfeeding education and support! We have a **Certified Lactation Specialist** and a **Breastfeeding Peer Counselor** on staff. **We are here to help you achieve whatever your breastfeeding goal is, whether that is 1 day or 1 year and beyond.** We are here to talk with you about any questions or concerns you have while you are pregnant and preparing to breastfeed, and after baby is born if you have concerns.

This institution is an equal opportunity provider..



December 2023



400 S Townline Rd
PO Box 1440
Wautoma, WI 54982

Phone: 920-787-5514
Fax: 920-787-9496
Email: WIC@famhealth.org

Famhealth.org/wic-services
[Instagram.com/wicmobile](https://www.instagram.com/wicmobile)
[Facebook.com/FHLCWIC](https://www.facebook.com/FHLCWIC)



*In person visits by appointment only. Please call before visiting as locations and hours may change. Visit Facebook for schedule changes related to weather.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Wautoma Ht/Wt/Lab 7:30-5:00	Westfield Ht/Wt/Lab 8:30-4:15		
10	11	12	13	14	15	16
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Plainfield Ht/Wt/Lab 10:00-4:30	Green Lake Ht/Wt/Lab 8:30-4:15		
17	18	19	20	21	22	23
	Wautoma 7:30-5:00	Wautoma 7:30-5:00	Poy Sippi Ht/Wt/Lab 11:00-4:15	Montello Ht/Wt/Lab 8:30-4:15		
24	25	26	27	28	29	30
	<i>Closed for Holiday: Christmas</i>	Wautoma 7:30-5:00	Berlin Ht/Wt/Lab 8:30-4:15	Wautoma Ht/Wt/Lab 8:30-6:00		
31						




Tip of the Month:

Not sure what to make with all your WIC foods? In a rut with cooking and want some new ideas? Check out the **WIC Cookbook** on our Facebook page! There are lots of tasty, simple, family friendly recipes that utilize many WIC approved foods as ingredients (plus there are pictures too!).



This institution is an equal opportunity provider.

DO YOU KNOW WHY AN ORANGE IS SMART?



A BECAUSE IT CONCENTRATES

Clinic Site Locations
(all sites WICmobile except main office)

Waushara County

Main Office:

Family Health La Clinica Community Health Center
400 S Townline Rd, Wautoma, WI

Plainfield Public Library
126 S Main St, Plainfield, WI

Poy Sippi Public Library
W2251 Commercial St, Poy Sippi, WI

Marquette County

Westfield Municipal Building
129 E. Third Street, Westfield, WI

Marquette County Health & Human Services
428 Underwood Ave, Montello, WI

Endeavor Village Hall
400 Church Street, Endeavor, WI

Green Lake County

Tri-Country Boys & Girls Club
344 Broadway St, Berlin, WI

Green Lake County Government Center
571 County Road A, Green Lake, WI

Princeton Public Library
424 W Water St, Princeton, WI

