

# Looking for a New Approach to Group Nutrition Education?

## Plan to attend Learn Together Approach

### What is it?

The Learn Together Approach was developed by Susanne Gregory, MPH for Michigan WIC nutrition educators. It is a facilitative-style adult learning approach. Instead of the classroom, lecture-style methods, the Learn Together Approach focuses on participants and promotes a comfortable learning environment. Learn Together Approach is taught in a train-the-trainer format, so each attendee becomes a future trainer.

### How will it Help My Participants?

The Learn Together Approach accommodates the adult learner by focusing on their present needs and allowing them a freedom to share ideas and experiences. Participants find it more interesting and fun.

### Will It Be Difficult for the Nutrition Educator?

The Learn Together Approach is a facilitated group discussion method. The nutrition educator facilitates the discussion and acts as a resource for participants. They gain a deeper understanding of the issues participants are facing in their lives and it takes the pressure off of the nutrition educator to perform.

### Will The Learn Together Approach Save Time?

You can limit the group time to however long you need. You will find that the Learn Together Approach will be more enriching and exciting for both nutrition educators and participants.

### When Can We Receive the Learn Together Approach Training?

Regional trainings are scheduled as follows:

***Mark your calendar now, and plan to attend a training in your area.***