



## COOKING SMALL

Many of us live alone or in a smaller household. Coming up with meal ideas and finding recipes can be a chore in itself. Learn how to master a few basic cooking skills, stock up on essential ingredients, and get creative in making meals that work specifically for you. Offered Tuesday, August 6th at 6:00pm at the Elkhart County Public Library - Dunlap Branch (58485 CR 13, Elkhart). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.

## PURGE YOUR PAPERS

Do you find yourself getting overwhelmed with the stack of papers accumulating on the counter? It can be confusing not knowing which papers to dispose of and which ones to keep. This program will explain which paperwork to keep for a certain period of time and which ones can go in the garbage. Offered Monday, August 12th at 6:00pm at the Elkhart County Public Library - Dunlap Branch (58485 CR 13, Elkhart). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.

## 10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's is a brain disease that causes a slow decline in memory, thinking skills, and reasoning skills. Learn ten warning signs to look for and the next steps to take when seeking help from a physician. Offered Thursday, August 29th at 1:00pm and 6:00pm both in-person at the Purdue Extension Elkhart County office. To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.

## TRANSFORMING MINDSETS THROUGH HABIT SHIFTING

Do you ever find yourself going back to your old habits? Wanting to change a habit but don't know how to create a successful habit? This two-part series will teach you why we create habits, go back to the original way, and how to adjust seamlessly. This two-session program is offered Wednesday, August 28th & September 4th at 11:00am at the Owls Club (2715 E. Jackson Blvd., Elkhart). Owls Club is a private, community organization that exists to help aging adults in Elkhart County and surrounding communities thrive. Call the Owls Club at (574) 336-2652 to learn more and sign up for a free membership to register for upcoming programs including this program.

## DIABETES 101

Learn essential knowledge and practical skills for managing diabetes effectively. This program is tailored for individuals diagnosed with diabetes, as well as their caregivers and loved ones. Participants will gain knowledge on fundamental information about diabetes, its management, and strategies for optimizing health and well-being. Offered Wednesday, August 21st at 5:30pm at the Goshen Public Library (601 S 5th St., Goshen). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 45 minutes.

## UNDERSTANDING SOCIAL MEDIA ADDICTION

Learn how to recognize, understand, and address social media addiction in today's digital age. This program offers insights, strategies, and support to empower individuals to regain control over their digital habits, prioritize their mental well-being, and foster healthier relationships with technology. Offered Tuesday, August 13th at 1:00pm at the Purdue Extension Elkhart County office. To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.



## WITS WORKOUT

Different types of exercise, including aerobic exercise, strength training, and even activities like yoga and tai chi, have been shown to offer brain health benefits. Consistency and regularity in physical activity are key factors in reaping these benefits. Learn more during this program! Offered Wednesday, August 21st at 10:30am at the Salvation Army - Elkhart (300 N. Main St., Elkhart). To register, contact Marianne Gregg at the Salvation Army at 574-970-0088 or email [marianne.gregg@usc.salvationarmy.org](mailto:marianne.gregg@usc.salvationarmy.org). Duration: 1 hr. 15 minutes.

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To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email [fink24@purdue.edu](mailto:fink24@purdue.edu) as space is limited. If you need a reasonable accommodation to participate in a program, please let us know when registering. All classes are free and in-person at the Extension Office on the Elkhart County 4-H Fairgrounds, unless noted otherwise with a fee, via Zoom, or at another location.

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