



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

MATTER OF BALANCE SERIES

Many older adults experience concerns about falling and restrict their activities. Learn how to view falls as controllable, set goals for increasing activity levels, make changes to reduce fall risks at home, and exercise to increase strength and balance. The series will be held Monday and Thursday mornings from 9:30am-11:30am starting Monday, October 27th through Thursday, November 20th at the Purdue Extension Elkhart County office (located on the Elkhart County 4-H Fairgrounds). Fee is \$25 per participant. For more information or to register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Registration is required by October 17th.

SLEEP ON IT: WHY SLEEP MATTERS

Millions of Americans are failing to get the sleep that their body needs. Adults typically need about 7-9 hours of regular sleep, but the CDC reports that 28 percent of adults get 6 hours or less. Learn what you can do to sleep well and be well with healthy sleep basics. Offered Thursday, August 21st at 1:00pm at the Purdue Extension Elkhart County office (located on the Elkhart County 4-H Fairgrounds). To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Duration: 1 hour. Cost: Free.

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Goshen, IN 46528
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To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email fink24@purdue.edu as space is limited. 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. Anyone under 18 must be accompanied by a parent/guardian.



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Elkhart County

WOMEN'S REPRODUCTIVE HEALTH PROGRAM COMING SOON TO ELKHART PUBLIC LIBRARY - DUNLAP BRANCH!

Stay tuned for more information on a women's reproductive health program that will be offered Thursday, October 16th at 5:00pm at the Elkhart Public Library - Dunlap Branch (58485 County Road 13, Elkhart). Duration: 1 hour. Cost: Free. To be added to the interest list, call Jenn at (574) 533-0554 or email fink24@purdue.edu



COOKING WITH AN AIR FRYER

Technology is always evolving including the technology we use in the kitchen. The air fryer has become increasingly popular over the last few years. Learn about the ins and outs of an air fryer, different model options, and safety techniques. Offered Wednesday, October 29th 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. Duration: 1 hour. Cost: Free.



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