

Educational Program Descriptions

2021-2022



Educational programs, self-development, and leadership opportunities are just three parts of your Extension Homemaker organization. Clubs are to have an educational program at each meeting.

- The following educational programs will be offered at 1:00pm.
- If there is enough interest, we will host a 6:30pm time. **Please be sure to mark your preference!**
- Reminder postcard notices will be mailed to members who sign up for the lesson.

August 19, 2021 – Food Allergies 101

Did you know that millions of Americans are allergic to a specific kind of food? Food allergies are everywhere in our country. Learn more about what food allergies are, their symptoms, and common food allergies.

September 16, 2021 – Tips for a Successful Doctor’s Visit

Have you ever left a doctor’s office wishing you remembered to ask a certain question? Or have you left it until the very end to tell your doctor about the real reason for your visit? With a little preparation, you can learn to make the most out of your doctor’s visit.

October 21, 2021 – Train Your Brain: Ways to Keep Your Brain Healthy

The prevalence of dementia across the United States is staggering. As the size of the older adult population continues to grow and adults live longer, the number of Americans with Alzheimer’s and other dementia diseases will also increase. Despite the severity of the brain health crisis, there are steps which can be taken to better the lives of those who are currently facing, or will potentially face in their future, a dementia diagnosis. Education and awareness of the disease is key. Thus, the focus of this program is to understand dementia, the warning signs, benefits of early detection and diagnosis, and steps to better overall brain health.

November 18, 2021 – Savor the Flavor: Cooking with Herbs & Spices

Spice up your meals and add flavor to your foods with herbs and spices! Cooking with herbs and spices is a fun and easy way to diversity meals in a healthy way. Learn about popular spices and herbs, flavor combinations, and how to prepare them.

January 20, 2022 – No Gym Required: Get Fit at Home

Many people with chronic pain, limited range of motion, mobility issues, or balance concerns may find some exercise routines difficult or unsafe for them. One safe and easy option available is chair-based exercise. Chair activities can be strength based to build muscle, aerobic to improve heart health, or yoga-inspired to stretch the body.

February 24, 2022 – Empower Me to Be Clutter Free

Are you bogged down and overwhelmed by the possessions in your life? Do you wish you could rid yourself of clutter and the stress that comes with it? Learn about the negative effects of clutter, common barriers, strategies to de-clutter, and how to create an action plan.

March 17, 2022 – Sleep Well, Be Well

Why is healthy sleep important? It promotes physical health and mental well-being. It also boosts performance and reduces safety risks. Yet millions of Americans are failing to get the sleep that their body needs. Adults typically need about seven to nine hours of regular sleep. But the CDC reports that 28 percent of adults get six hours or less of daily sleep. What can you do to sleep well and be well? Learn about healthy sleep basics. Then make healthy sleep one of your top priorities.

April 21, 2022 – Green Cleaning: Make Your Home Healthy

Are you looking for ways to make your cleaning routine more eco-friendly? Green cleaning products and natural cleaners are a smart way to clean your home in a safe, non-toxic way. By using less toxic ingredients, you can create your own handmade cleaning products. Join us to learn about recipes you can use to make your own green cleaning products!