



Educational Program Descriptions 2022-2023

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 18, 2022 – Staying Healthy While Traveling

Have you ever gotten sick when you have been away from home? It is more common than you think! During this lesson we will explore some of the germiest places you'll encounter during your travels and discuss some strategies to keep you safe and healthy!

September 15, 2022 – Zoom 101

In recent times, there has been a huge increase in the use of video conferencing software such as Zoom. Learn the basics of installing Zoom on your devices, joining via phone, and joining via a device.

October 20, 2022 – 10 Common Money Mistakes

What choices will you make as you try to navigate smoothly through the current economic situation? Learn about the pros and cons of ten financial decisions that you may be considering.

November 17, 2022 – RELAX – Alternative to Anger

Conflict can and does occur in many people's professional and personal lives. Learn skills to handle everyday conflict in ways that lead to better health and healthier relationships.

January 19, 2023 – Air Fryer 101

Do you have an air fryer, but aren't sure how to use it? Are you debating on whether an air fryer would be a beneficial addition to your home? Learn about the features and benefits of different models and how to safely operate them.

February 16, 2023 – Hydration Education

Did you know that our bodies are made up of over 70% water? Staying hydrated is important for our overall health. Learn about water intake recommendations, the vital role water plays in our bodies, and the basics of hydration.

March 16, 2023 – Mental Health and Connections

Social connectedness is closely related to emotional and mental health. Feeling connected with others lowers levels of depression and anxiety. Learn about the benefits of connections, how to connect with others, and how to reach out for help with mental health.

April 20, 2023 – Build Your Breakfast

Is breakfast really the most important meal of the day? This program will look at what research says and will provide you with the tools on how you can start your day with a healthy breakfast.