



## Educational Program Descriptions 2023-2024

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 6:00pm time. **Please be sure to mark your preference!** Reminder postcard notices will be mailed to members who sign up for the lesson.

### **August 17, 2023 – Staying Scam Safe**

It can be easy to fall into the traps of the internet. Learning how to protect your identity is essential to avoid being scammed. Learn how to take steps towards being a safe internet user.

### **September 21, 2023 – Apps Can Save You Time & Money**

Do you find yourself getting confused on what apps to download when you purchase a phone or tablet? This program will take you through a list of helpful apps that will make your life easier.

### **October 19, 2023 – Mindful Eating**

Mindful eating involves paying close attention to your food choices and hunger cues. It's important to understand how food makes you feel physically, mentally, and emotionally. This program will teach you the benefits of mindful eating and ways to practice this healthy eating concept.

### **November 16, 2023 – Cooking with an Air Fryer**

Technology is always evolving including the technology we use in the kitchen. Items we have used for years are being replaced with new gadgets that can be difficult to learn. There are so many options and guidelines to follow that it can be overwhelming. This program will teach about the ins and outs of the air fryer, different model options, and safety techniques. Participants will have the opportunity to taste test a quick recipe.

### **January 17, 2024 – Wearable Technology**

There are so many options to choose from and different benefits to consider when purchasing new wearable technology such as a smartwatch. It can be overwhelming to decide which one to purchase and which one will work best for your lifestyle. This program will teach you about some of the popular smartwatches on the market and help you narrow down your options.

### **February 14, 2024 – Train Your Brain**

The prevalence of dementia across the United States continues to increase. Despite the severity of these numbers, there are steps that can be taken towards bettering the lives of those who are currently facing or could potentially face a dementia diagnosis.

### **March 21, 2024 – Dangers of Beauty Products**

Did you know that the largest organ of the human body is our skin? Being the largest organ means that it also absorbs the most bacteria. Chemicals, cosmetics, and other hazardous products we use could wreak havoc to our internal health without us even knowing it. This program will share some of the most common and harmful products that you could be using in your everyday life.

## **April 18, 2024 – Cooking Small**

Cooking for one or two people can be quite difficult. We tend to gravitate towards eating out more because it's easier and we don't have to think about it. This program will help you gain knowledge on ways to utilize healthy ingredients to prepare nutritious and smaller sized meals.