



Educational Program Descriptions 2024-2025

The following educational programs will be offered at 1:00pm and 6:00pm (both in-person). **Please be sure to mark your preference!** A minimum of 8 people are required to hold a lesson. Reminder postcard notices will be mailed to members who sign up for the lesson. If you have signed up but are no longer able to attend, please call the Extension Office at 574-533-0554 or email fink24@purdue.edu. As a reminder, a club member must be present at the lesson to receive materials for their club.

Thursday, August 29, 2024 – 10 Warning Signs of Alzheimer’s

Learn about common warning signs of Alzheimer’s and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

Thursday, October 17, 2024 – Move Your Body with Chair-based Exercise

Have you heard of chair-based exercise? The purpose of this program is to learn more about physical activity, chair-based exercise (CBE), and how you can set and achieve goals to increase your physical activity!

Tuesday, January 28, 2025 – Purge Your Papers

Do you find yourself getting overwhelmed with the stack of papers accumulating on the counter? It can be confusing knowing which papers to dispose of and which ones to keep. Learn how long to keep certain paperwork and which papers can be tossed out.

Thursday, March 20, 2025 – Heart Healthy Nutrition

Heart-healthy eating is an important way to lower your risk of heart disease and stroke. With heart disease being the top cause of deaths in Americans, it is important to choose heart-healthy foods. In this program, we will go over a list of heart-healthy foods and share recipes that are beneficial for one’s heart-health.

Additional lessons can be found on the IEHA website at <https://ieha-families.org/lessons>