



Educational Program Descriptions

2025-2026

The following educational programs will be offered at in-person at 1:00pm. A minimum of 10 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 21, 2025 – 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.

Thursday, November 20, 2025 – Stress and Your Health

Do you find yourself becoming overwhelmed easily? Your everyday life can easily start to build and build before it becomes too much. This program will help establish techniques that can be utilized in times of high stress situations.

Thursday, February 19, 2026 – Smart Choices for Dining Out

Sometimes life gets busy and we don't have time to cook a meal. The next best option is to stop at a restaurant to pick up something to eat that will be filling, but still keep you on your healthy eating track. This program will teach you how to choose healthy options when dining out.

Thursday, May 21, 2026 – Healing Through Grief

This program is designed to provide support and guidance for individuals navigating the emotional challenges of loss. Through a combination of reflective activities, coping strategies, and group discussion, participants will explore healthy ways to process grief and find strength in their healing journey. This program offers a safe and supportive environment to share experiences, gain insight, and begin the path toward emotional recovery.

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

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