



SLEEP ON IT: WHY SLEEP MATTERS

Millions of Americans are failing to get the sleep their body needs. Learn what you can do to sleep well and be well with healthy sleep basics.

Location 1: Offered Thursday, May 16th at 5:30pm at the Elkhart Public Library - Cleveland Branch (53715 County Road 1, Elkhart). To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Duration: 1 hour.

Location 2: Offered Monday, June 17th at 11:00am at the Owls Club (2715 E. Jackson Blvd. Elkhart). Owls Club is a private, community organization that exists to help aging adults in Elkhart County and surrounding communities thrive. Call the Owls Club at (574) 336-2652 to learn more and sign up for a free membership to register for upcoming programs including this program. Duration: 1 hour.

CHARCUTERIE 101

Discover the secrets of crafting exquisite meat and cheese boards that are as visually stunning as they are delicious. Our hands-on class will elevate your entertaining game to new heights. Offered Thursday, June 6th at 1:00pm at the Purdue Extension Elkhart County office. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Duration: 1 hour.

Purdue Extension Elkhart County
17746 County Road 34 Ste E
Goshen, IN 46528
<https://extension.purdue.edu/Elkhart>

To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email fink24@purdue.edu as space is limited. If you need a reasonable accommodation to participate in a program, please let us know when registering. All classes are free and in-person at the Extension Office on the Elkhart County 4-H Fairgrounds, unless noted otherwise with a fee, via Zoom, or at another location.



**Purdue Extension
Elkhart County**

TIPS FOR A SUCCESSFUL DOCTOR'S VISIT

Sometimes finding the words to say and sharing vital information at a doctor's appointment can be easier said than done. Learn how to prepare for your next doctor's visit. Offered Monday, June 10th at 11:00am at the Owls Club (2715 E. Jackson Blvd. Elkhart). Owls Club is a private, community organization that exists to help aging adults in Elkhart County and surrounding communities thrive. Call the Owls Club at (574) 336-2652 to learn more and sign up for a free membership to register for upcoming programs including this program. Duration: 1 hour.

UNDERSTANDING ALZHEIMER'S

Alzheimer's disease is not a normal part of aging. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for symptoms, and resources from the Alzheimer's Association. Offered Thursday, May 9th at 11:00am at the Owls Club (2715 E. Jackson Blvd. Elkhart). Owls Club is a private, community organization that exists to help aging adults in Elkhart County and surrounding communities thrive. Call the Owls Club at (574) 336-2652 to learn more and sign up for a free membership to register for upcoming programs including this program. Duration: 1 hour.



WHY WE EAT WHAT WE EAT

What makes us hungry and how can we curb our appetite? Sometimes we eat because we are hungry and sometimes we eat out of habit and/or a tradition. Learn about the simple science behind why we eat what we eat. Offered Tuesday, July 16th at 10:00am at the Owls Club (2715 E. Jackson Blvd. Elkhart). Owls Club is a private, community organization that exists to help aging adults in Elkhart County and surrounding communities thrive. Call the Owls Club at (574) 336-2652 to learn more and sign up for a free membership to register for upcoming programs including this program. Duration: 1 hour.