



NAVIGATING WOMEN'S HEALTH

Explore the menstrual cycle and gain a deeper understanding of its phases and hormonal changes. Learn about the overall impact on physical and emotional health, common misconceptions, symptoms, and ways to support menstrual health through nutrition, lifestyle, and self-care practices. Whether you're looking to better understand your own cycle or support others, this program will provide valuable insights and practical takeaways! Offered Thursday, May 8th at 3:00pm at the Family Resource Center (612 E. Bristol St., Elkhart). To register, call Jenn at 574-533-0554 or email fink24@purdue.edu. Duration: 1 hour.

MATTER OF BALANCE SERIES – NORTH WEBSTER

Many older adults experience concerns about falling and restrict their activities. Learn how to view falls as controllable, set goals for increasing activity levels, make changes to reduce fall risks at home, and exercise to increase strength and balance. The series will be held Monday and Wednesday mornings from 10:30am-12:30pm starting Monday, April 28th through Wednesday, May 21st at the North Webster Community Public Library (110 E. North St., North Webster). Registration is required by April 25th. Fee is \$25 per participant. For more information or to register, contact the Purdue Extension Kosciusko County at 574-372-2340.

Purdue Extension Elkhart County

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To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email fink24@purdue.edu as space is limited. 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. Anyone under 18 must be accompanied by a parent/guardian.



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**Purdue Extension
Elkhart County**

UNPLUGGED: UNDERSTANDING SOCIAL MEDIA ADDICTION

Learn to recognize, understand, and address social media addiction in today's digital age. This program offers insights, strategies, and support to empower individuals to regain control over their digital habits, prioritize mental well-being, and foster healthier relationships with technology. Offered Wednesday, May 7th at 5:00pm at the Goshen Public Library (601 S. 5th St., Goshen). To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Duration: 1 hour.



DIABETES 101

Learn fundamental information about diabetes, its management, and practical skills for managing diabetes effectively. This program is tailored for individuals diagnosed with diabetes, as well as their caregivers and loved ones. Offered Thursday, May 22nd at 5:00pm at the Elkhart Public Library - Pierre Moran Branch (2400 Benham Ave., Elkhart). To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Duration: 1 hour.

Our Health and Human Sciences (HHS) educator will be on maternity leave for the next few months. As a result, there will be a temporary pause in our programs during this time.

We appreciate your understanding and look forward to resuming our program offerings soon. Thank you for your support!

