

**FIT FOR LIFE (2-PART SERIES)**

This 2-session chair-based exercise program is designed to help participants improve their endurance, strength, flexibility, and balance using seated exercise. This program offers a safe and effective way for individuals who may have limited mobility or who are seeking a low-impact fitness option to stay active. Offered ~~Wednesday, November 10 and December 3 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) 397-0275 to learn more and sign up for a free membership to register for upcoming programs including this program. Duration: 2 hours each session. Cost: Free. ***NEW DATES! Wednesday, December 3rd and 10th from 10am-12pm***

10 WARNING SIGNS OF ALZHEIMERS

Alzheimer's is a brain disease that causes a slow decline in memory, thinking skills, and reasoning skills. Learn 10 warning signs to look for and the next steps to take when seeking help from a physician. Offered Thursday, November 13th at 4:00pm at the Elkhart Public Library - Pierre Moran Branch (2400 Benham Ave., Elkhart). Duration: 1 hour. Cost: Free. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu



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

For questions, to register, or to sign-up for our mailing list, 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.



Purdue Extension
Elkhart County

DIABETES 101

Learn essential knowledge and practical skills for managing diabetes effectively. This program is tailored for individuals diagnosed with diabetes, as well as their caregivers and loved ones. Participants will gain knowledge on fundamental information about diabetes, its management, and strategies for optimizing health and well-being. Offered Wednesday, November 5th at 3:00pm at the Elkhart County Family Resource Center (500 N. Nappanee St., Suite 4A, Elkhart - New Location). Duration: 1 hour. Cost: Free. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu

**CHARCUTERIE 101**

Discover the secrets of crafting exquisite charcuterie boards that are as visually stunning as they are delicious. Our hands-on class will elevate your entertaining game to new heights! Offered Thursday, November 20th at 5:00pm at the Elkhart Public Library - Dunlap Branch (58485 County Road 13, Elkhart). Duration: 1 hour. Cost: Free. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu



Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran. If you are in need of accommodations to attend a program, please contact Emily Christ at 574-533-0554 or ewitters@purdue.edu at least two weeks prior to the program. For special dietary needs, contact Emily Christ at 574-533-0554 or ewitters@purdue.edu at least two weeks prior to the program. If you need an interpreter or translator, please contact Emily Christ at 574-533-0554 or ewitters@purdue.edu at least three weeks prior to the program.

**TRANSFORMING MINDSETS
THROUGH HABIT SHIFTING**

Do you ever find yourself going back to your old habits? Want to change a habit but don't know how to create a successful one? Learn why we create habits, revert back to old habits, and how to adjust seamlessly. Offered Monday, December 1st at 11:00am at the Salvation Army - Elkhart (300 N. Main St., Elkhart). Duration: 1 hour. Cost: Free. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu

**HEART HEALTHY NUTRITION**

Heart-healthy eating is an important way to lower your risk of heart disease and stroke. The program will provide an overview of foods proven to benefit cardiovascular health, accompanied by practical recipes for daily use. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu. Duration: 1 hour. Offered at 2 locations in December!

Location 1: Offered Wednesday, December 3rd at 3:00pm at the Elkhart Family Resource Center (500 N. Nappanee St., Suite 4A, Elkhart - NEW LOCATION!)

Location 2: Offered Wednesday, December 17th at 4:00pm at the Elkhart Public Library - Pierre Moran Branch (2400 Benham Ave., Elkhart).

**STRESS AND YOUR HEALTH**

Do you find yourself feeling overwhelmed by the demands of everyday life? Stress can build gradually until it feels unmanageable. This program is designed to provide practical strategies and techniques that you can use during high-stress situations. Participants will learn effective coping skills to manage stress, improve resilience, and regain a sense of balance in daily life. Offered Wednesday, December 10th at 1:00pm at the Purdue Extension Elkhart County office (located on the Elkhart County 4-H Fairgrounds). Duration: 1 hour. Cost: Free. To register, call Jenn at (574) 533-0554 or email fink24@purdue.edu

CHARCUTERIE 101

Discover the secrets of crafting exquisite charcuterie boards that are as visually stunning as they are delicious. Our hands-on class will elevate your entertaining game to new heights! Offered Tuesday, December 16th at 1:00pm 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) 397-0275 to learn more and sign up for a free membership to register for upcoming programs including this program. Duration: 1 hour. Cost: \$10 payable at the door by cash/check. Space is limited.

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