



48 Hendricks County community members signed up and took advantage of our Get Walkin' Program this spring. This program promotes physical activity, exposure to our wonderful parks and build strong connections within members. Exciting news! We've partnered with the Hendricks County Parks Foundation to promote health and movement at the first Summer Fun Run event May 29th.

Look for an opportunity this fall to sign up for an in-person Get Walkin'. Get the accountability you need along with creating community connection!

Upcoming Programs to sign up for:

- A Matter of Balance (Boone County)
- Cooking with Herbs & Herb Health Benefits

Single Sessions:

- Intuitive Eating/Mindful Eating
- Staying Scam Safe
- Sleep on It; Why Sleep Matters
- Compassion & Resilience Education at Work

For questions regarding current programs or specific programs relating to food, health, finance, family Please contact the Purdue Extension office (317)-745-9260 or email at [hendrces@purdue.edu](mailto:hendrces@purdue.edu)

**New Program Spotlight**

Steps to a Healthy You is a five-session series focused on eating a healthy Mediterranean-style eating pattern. Sessions focus on the 7 Simple Steps to Eating the Med Way. Each session explores 1-2 simple steps, a mindfulness skill, and features cooking demonstrations!

**"Stay inspired. Never stop creating."**

Congratulations to the nearly 100 Pittsboro Elementary School third-grade students who graduated from the Captain Cash Program! We took our basic financial management skills program to Pittsboro Elementary to teach the importance of basic financial concepts; learning and practicing important life skills such as communication, decision-making, problem-solving, managing resources, planning, and organizing to foster self-sufficiency. The students had a blast voyaging from island to island of Earning, Saving, Spending and Borrowing while enjoying games, activities, trivia, and more!

