



# HHS NEWSLETTER

# JASPER COUNTY PURDUE EXTENSION

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## FAREWELL 2022

This year, in October, I celebrated 2 years serving Jasper County. In that time, I have met some wonderful people who love their community and forged some treasured friendships. Some highlights from this year are joining a collaborative effort, working with coalitions, and hosting events. First, the collaborative effort. By now, you have seen or heard about the Facebook group Walk-a-Weigh Plus (30 for 30 Extension Collaboration). This group was birthed one year ago with seven educators across the country. What started as a walking program with health education built in and only a few hundred members, has grown tremendously. We are now in our third challenge and have over 1,700 hundred members. We won a national award for our efforts and more educators from across the country has join our team. I'm excited to see what's next for our group. Working with the coalitions, both local and state has been amazing. I hope that our work will continue to help and community and Hoosiers everywhere. In April, I teamed up with the rotary club of Rensselaer and co-host the first ever Empowering Girls event. We had 15 girls in attendance and they absolutely loved getting their nails painted, making their own custom jewelry, their glam boxes, as well as listening to our speakers talk about bullying, self-esteem, and self-awareness, especially on social media. We look forward to having this event again in 2023.

As we prepare to say goodbye to 2022, let's reflect on everything that has happened so far this year. Good or bad, it shapes who you are and can help you plan for a better 2023. I encourage you to practice this, you may be surprised by some of the memories you tucked away. May they help you set goals for a prosperous and happy 2023.

## TRENDING THIS MONTH:

- FINANCIAL LITERACY CLASSES: AT THE PURDUE EXTENSION OFFICE - DECEMBER 1, 5, 7, 10 AND 15TH TIMES WILL VARY
- VISION BOARD CLASS: AT THE MT AYR COMMUNITY BUILDING DECEMBER 15TH FROM 5-9PM
- SERVSAFE: JASPER COUNTY FAIRGROUNDS DECEMBER 12TH @ 8:30



## Financial Literacy Classes

During the month of December, I will be holding Financial Literacy classes. The dates for these classes are Dec. 1, 5, 7, 10, and 15th. The times for these classes vary by date. Call the extension office for times and to register.



## 2023 Vision Board Class

THURSDAY, DECEMBER 15TH FROM 5-9PM, JOINS US AT THE MT. AYR COMMUNITY BUILDING AND TAKE TIME FOR YOURSELF TO RELAX AND REFLECT ON YOUR 2023 GOALS. DEB ARSENEAU AND CARMEN FORTNEY, HHS EDUCATORS, WILL GUIDE YOU IN ACTIVITIES TO CREATE YOUR OWN VISION BOARD. PLEASE BRING SCISSORS AND YOUR FAVORITE MAGAZINES OR CATALOGS (TO CUT PICTURES FROM). THE REST OF THE MATERIALS WILL BE PROVIDED TO HELP YOU CREATE YOUR 2023 VISION BOARD. THE COST OF THE CLASS IS \$35 AND INCLUDES LIGHT REFRESHMENTS. PLEASE CALL OR EMAIL CARMEN AT 219-866-5741 (CFORTNEY@PURDUE.EDU) OR DEB AT 219-285-8620 EXT. 2800 (ARSENEAU@PURDUE.EDU).

## Walk - a - Weigh 30 for 30

THE NOVEMBER CHALLENGE FOR WALK-A-WEIGH 30 FOR 30 IS UNDER WAY. IT'S NEVER TOO LATE TO JOIN THIS AMAZING COMMUNITY OF PEOPLE WALKING FOR BETTER HEALTH AND LEARNING NEW INFORMATION. POST PICTURES DAILY FOR A CHANCE TO WIN A WEEKLY PRIZE. FOLLOW US ON FACEBOOK. WALK-A-WEIGH PLUS (30 FOR 30 EXTENSION COLLABORATION)

[HTTPS://WWW.FACEBOOK.COM/GROUPS/1232668387239493/?HOISTED\\_SECTION\\_HEADER\\_TYPE=RECENTLY\\_SEEN&MULTI\\_PERMALINKS=1492109194628743](https://www.facebook.com/groups/1232668387239493/?HOISTED_SECTION_HEADER_TYPE=RECENTLY_SEEN&MULTI_PERMALINKS=1492109194628743)



## ServSafe

MONDAY, DECEMBER 12TH, SERVSAFE WILL BE OFFERED AT THE JASPER COUNTY FAIRGROUNDS BEGINNING AT 8:30 AM. REGISTER BY DECEMBER 3RD, 11:59 PM FOR THIS CLASS AT [HTTPS://WEB.CVENT.COM/EVENT/872A668D-C8E1-4EC6-9DD0-1D1F8ADC00BA/SUMMARY](https://web.cvent.com/event/872A668D-C8E1-4EC6-9DD0-1D1F8ADC00BA/SUMMARY). CALL THE EXTENSION OFFICE AT 219-866-5741 IF YOU HAVE ANY QUESTIONS.

