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SPRING NEWSLETTER 2024

In honor of National Nutrition Month, I will host a number of nutritionbased classes during the month of March. Register and attend these classes for a chance to be entered into a raffle for a prize. Each class will have its own raffle; attend all 4 classes, get entered into 4 raffles. To register for these classes, call the extension office or email me with your name, phone number, email address and which class(es) you are registering for. More information for all classes will be available Facebook and the Jasper County Extension website. Please feel free to contact me with any questions and/or concerns.



Food Budgeting and Meal Planning March
14 6 pm

Cooking under Pressure March 16 9 am
Plant-Based Eating March 20 6pm
Food Allergies 101 March 28 6pm

March Activities

The Indiana Rural Health
Association and the Jasper County
Extension Office is partnering to
bring you Healthy Minds, Healthy
Lives. This event is open to the
community but has a small focus on
agriculture. Join us at the
Fairgrounds on March 22nd from 57:30pm as we discuss living
healthier in Jasper County. Dinner
will be served. See the enclosed
flyer for registration information.

The Jasper County Wellness Walk, a partnership with Franciscan Health, will begin this Spring on Friday, April 12th at 10:30 am. The location of the walk is at Brookside Side Park. Join us every Friday, for six weeks, as we discuss various topics and then walk 1 mile around the park. Pre-registration is not required. We hope to see you there!



April Activities

The Jasper Newton Community Baby
Shower is scheduled for April 20th at the
Jasper County Fairgrounds. This event is
for parents/guardians that are pregnant or
have a child who was born within one year
of the event date. The first 100 parents to
register AND attend will receive one large
gift valued between \$75 and \$100 in
addition to the diapers and wipes that will
be given out. Visit the county Facebook
page to register with the QR code.

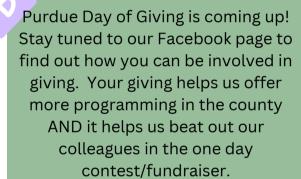
PURDUE EXTENSION

If your ServSafe certification is expiring soon, there is a class available on April 16th at the Jasper County Extension Office. The cost of the class is \$165 for training, manual, and the exam. Exam only options are available. Register today at https://cvent.me/5lwlGN.

Registration deadline is April 1, 2024 by 11:59 pm.

Programs at the library

Physical Activity Across the
Lifespan will be offered at the
Remington Library on April 9th at
1 pm EST. Call the Remington
Library to register today.
Refreshments will be served.



Curb the Urge to Splurge will be offered at the DeMotte Library on April 15th at 6:00 pm CST.
Attendants will receive budget planner at the end of class. Call the DeMotte library to register.
Refreshments will be served.





May (二)
Activities

Virtual Be Heart Smart will be offered on Zoom as a lunch and learn series
Thursdays May 2nd through the 23rd from 12-1pm CST. To register for this class, call the Extension office at 219-866-5741 with your name and email address. This class will be offered for

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