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SPRING NEWSLETTER 2024

In honor of National Nutrition Month, I will host a number of nutrition-based 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 on 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 5-7:30pm as we discuss living healthier in Jasper County. Dinner will be served. See the enclosed flyer for registration information.



April Activities

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!

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.

Purdue Day of Giving is coming up! Stay tuned to our Facebook page to find out how you can be involved in giving. Your giving helps us offer more programming in the county AND it helps us beat out our colleagues in the one day contest/fundraiser.

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.



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 FREE!



May Activities

Equal Opportunity Statement

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