

Extension - Health and Human Sciences

SEPTEMBER 2021



TIPS FOR A SUCCESSFUL DOCTOR'S VISIT

Have you ever left a doctor's office wishing you remembered to ask a certain question? Or have you left it until the very end to tell your doctor about the real reason for your visit? With a little preparation, you can learn to make the most out of your doctor's visit. Offered Thursday, September 16th at 1:00pm or 6:30pm.

CURB THE URGE TO SPLURGE ON HOLIDAY SPENDING (VIRTUAL)



Do you love the holidays and everything that comes with it? Whether we overbook the calendar, eat too much, or spend more than we planned, there is a consequence for splurging. If you have already started splurging, this presentation will help you do damage control and help minimize the January blues of too much holiday spending. By identifying what you really want this holiday season, you are more likely to achieve your true goals. Offered Tuesday, September 28th at 10:00am via Zoom. Register at: https://bit.ly/Fall2021WorkOne

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

To RSVP or if you have guestions, call 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, "virtual", or at another location. Social distancing will be in place.

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STAY SCAM SAFE

It's your money - don't let someone trick you into giving it away. Knowing how scammers work will help you stay alert so you are not deceived by clever schemes to get your money. This session will prepare you to safeguard your dollars and personal data from scammers online and in person. You will learn about how to spot scams and what to do if you've been impacted by one. Offered Tuesday, September 21st at 10:00am at the WorkOne Elkhart office (430 Waterfall Dr., Elkhart, IN 46516) with a Zoom option. Register at: https://bit.ly/Fall2021WorkOne



ELKHART COMMUNITY **BLOCK PARTY**

Join us for a free event celebrating the Elkhart Community! There will be free food, games, activities, music, prizes, and an opportunity to learn about free or low cost services available in Elkhart County. Offered Friday, September 24th from 4:00pm to 7:00pm at Elkhart Health & Aquatics (200 E Jackson Blvd., Elkhart, IN 46516). Masks are required at all times inside the facility, regardless of vaccination status.

FOOD BUDGETING (VIRTUAL OPTION)

What and how we eat can affect our health and our finances. Learn skills and techniques for planning and creating meals that will not break the bank. Offered Tuesday, September 14th at 10:00am at the St. Joseph County 4-H Fairgrounds Esther Singer building with a Zoom option. Register at: https://bit.ly/Fall2021WorkOne

