

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 "Stress and Your Health" – 1:00pm bit.ly/springoutofstress	4
5	6	7	8 "Cooking Around the World" – Noon, Facebook Live*	9	10 "Rethink Your Drink" – 1:00 pm Online bit.ly/springoutofstress	11
12	13 "Get WalkIN" – Email-Based Program bit.ly/GetWalkIN ElkhartCounty	14	15 "Cooking Around the World" – Noon, Facebook Live*	16	17 "Benefits of Connecting with Nature" – 1:00 pm bit.ly/springoutofstress	18
19	20 Huevos Duros en la Olla a Presión Eléctrica -12 pm Facebook en Vivo*	21	22 "Cooking Around the World" – Noon, Facebook Live*	23	24 "Piensa Bien Lo Que Tomas" (Spanish) – 1:00 pm bit.ly/3bLBZGp	25
26	27	28	29 "Cooking Around the World" – Noon, Facebook Live*	30		

UPCOMING PROGRAMS

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

*Facebook Live programs can be found under "Events" on our Facebook Page at:
facebook.com/PurdueExtensionElkhartCounty

For questions, call 533-0554 or email
fink24@purdue.edu

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