

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 "Cooking Under Pressure" (Virtual) – 1:00pm	2	3
4 "Get WalkIN" (E-mail Based) 12-Week Program Begins	5	6 "Be Heart Smart" (Know Your Risks) – 1:00pm	7	8	9	10
11	12	13 "Be Heart Smart" (Know Your Numbers) – 1:00pm	14	15	16	17
18	19	20 "Be Heart Smart" (Heart-Healthy Cooking) – 1:00pm	21	22	23	24
25	26	27 "Be Heart Smart" (Taking Action) – 1:00pm	28 "Fit to a T" – 1:00pm or 6:30pm (Ag Hall)	29	30	

# UPCOMING PROGRAMS

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

To RSVP or if you have questions, call 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu)  
 Space is limited.

\*Facebook Live programs can be found under "Events" on our Facebook Page at:  
[facebook.com/PurdueExtensionElkhartCounty](https://facebook.com/PurdueExtensionElkhartCounty)

Facemasks are required to be worn while inside the building. Social distancing will be in place.

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## Fit to a T™

Are you Fit to a T? Do you know your... Blood pressure? Cholesterol level? Weight? T-score? That's right, T-score. If you had to think twice about what a T-score is, (and no, it's not a golf term) chances are you're not alone.

It is all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 - knowing that your bones won't let you down - here's what you need to know.

Join us with guest speaker Lindsay Neff, FNP-C, ONP-C for a bone health and osteoporosis education program for men and women of all ages. Offered Wednesday, April 28th at 1:00pm or 6:30pm at the Ag Hall building on the Elkhart County 4-H Fairgrounds. View a program video at [www.Fit2T.org](http://www.Fit2T.org)

## WANT TO HELP YOUR COMMUNITY? JOIN PURDUE EXTENSION'S HHS ADVISORY BOARD!

Purdue Extension is reaching out to communities within Elkhart County to organize a Health & Human Sciences Advisory Board (HHSAB). We are looking for key leaders in the community, as well as those who live in the community, who want to improve the quality of life of individuals and families by educating on topics such as health, food, money, and family.

Anyone can attend! Meeting will be held virtually via Zoom on April 22nd at 11:30AM EST. RSVP @ <http://bit.ly/3eQDdVE> or call 574-533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu)

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Find us on  
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Elkhart County**

## BE HEART SMART (4-PART SERIES)

Heart disease is the leading cause of death among men and women. This 4-part series is for individuals who want to learn more about preventing heart disease and making heart-healthy lifestyle changes. Offered Tuesday, April 6th, 13th, 20th, and 27th at 1:00pm.

## COOKING UNDER PRESSURE (VIRTUAL)

Do you have an electric programmable pressure cooker, but aren't sure how to use it? Join us for this program! Learn about food safety and how to use your appliance. Participants will receive a variety of healthy recipes. Offered Thursday, April 1st at 1:00pm via Zoom.

## GET WALKIN' (E-MAIL BASED)

Need some motivation to get started walking, but don't have time to attend a class? Get WalkIN' is a 12-week e-mail based walking program where participants sign-up, walk on their own, and receive e-mailed support and information. Any resident of the county who is aged 18 years and older may enroll at <https://bit.ly/GetWalkIN2021>. Participants will be entered to win a fitness tracker smart watch and will have weekly opportunities to increase their chances of winning.

## SPRING FINANCIAL EDUCATION SERIES (VIRTUAL)

WorkOne of Northern Indiana and Purdue Extension have partnered to provide a 6-session series of financial-related workshops. When you register, you will receive a Zoom invitation for all 6 sessions. Attend as many as you'd like! Register at <https://bit.ly/SpringFinancialSeries>

- [Tuesday, April 6th at 10:00am](#) - Wants vs. Needs
- [Tuesday, April 6th at 1:00pm](#) - Understanding Your Credit Report
- [Tuesday, April 13th at 10:00am](#) - Financial Scams
- [Tuesday, April 13th at 1:00pm](#) - 4 Ways to Create a Budget
- [Tuesday, April 20th at 10:00am](#) - Health Insurance and Mental Health Services
- [Tuesday, April 20th at 1:00pm](#) - Home Maintenance and Repair Checklist