

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|--|----------|--|----------|
| | | | | | 1 "Power of Positive Thinking" – 1:00pm bit.ly/2RTIak3 | 2 |
| 3 | 4 | 5 | 6 "Mindful Yoga Moments" – 10:00am, Facebook Live* | 7 | 8 "Staying Healthy When Traveling" – 1:00 pm bit.ly/2RTIak3 | 9 |
| 10 | 11 | 12 | 13 "Mindful Yoga Moments" – 10:00am, Facebook Live* | 14 | 15 "Diabetes: Mitos y Verdades" (Espanol) – 1:00 pm bit.ly/3bKww2H | 16 |
| 17 | 18 "Food Safety in the Fridge" – Noon, Facebook Live* | 19 | 20 "Mindful Yoga Moments" – 10:00am, Facebook Live* | 21 | 22 "Tips for Organizing and Decluttering" – 1:00 pm bit.ly/2RTIak3 | 23 |
| 24 | 25 | 26 | 27 "Mindful Yoga Moments" – 10:00am, Facebook Live* | 28 | 29 "Slow Movement: Reflective & Mindful Practice" – 1:00 pm bit.ly/2RTIak3 | 30 |
| 31 | | | | | | |

UPCOMING PROGRAMS

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

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

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

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