



SPOT A STROKE FAST

Someone in the United States has a stroke every 40 seconds while every 4 minutes someone dies of a stroke. Learn about types of strokes, identifying symptoms, prevention, and how a stroke affects you. Offered in-person May 27th at 1:00pm and again at 6:00pm. It will also be offered virtually via Zoom on May 28th at 10:00am.

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 May 26th at 11:00AM EST. RSVP @ <http://bit.ly/3eQDdVE> or call 574-533-0554 or email fink24@purdue.edu

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 [574-533-0554](tel: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. Facemasks are required to be worn while inside the building. Social distancing will be in place.



**Purdue Extension
Elkhart County**

HEALTH BENEFITS OF GARDENING

As spring arrives, many people are using their time to start gardening. In the case of a vegetable garden, a rich harvest may bring more than just dinner! Gardening is also good for your body and mind. Learn about the mental and physical health benefits of gardening. "Dig in" with us on May 19th at 1:00pm or 6:00pm.



SEED DONATION DRIVE

Our community is growing vegetables!

What: 4-H City Farmers are collecting seed packets for Seed to Feed to help grow their gardens and community members start home gardens.

When: April 1st - May 1st



Where: You can donate any unopened and not expired seed packets to one of these four locations:

- Family Christian Development Center - Nappanee
- Bristol Public Library - Bristol
- Church Community Services - Elkhart
- Purdue Extension Office Foyer - Goshen

Not sure what to donate? Zucchini, tomatoes, onions, green beans, cucumbers, peppers, peas, and any other fruit or vegetable seed packet!

For more information about this event, contact Lindsey Caterina at lwalejew@purdue.edu or call 574-533-0554

