

EXTENSION PROGRAMS & WORKSHOPS

Register by calling 219-285-8620 x 2800 or by emailing arseneau@purdue.edu for HHS programs, weiss44@purdue.edu for ANR programs, or brunton@purdue.edu for 4-H Youth programs.

Optimizing Life Documentary

November 2 - 7 pm CT
Newton County Government Center, Morocco
\$Free

Join us to view the documentary, *Optimizing Life*, produced by Leigh Littiken, local journalist. Hear moving stories of Hoosiers turning their health around by embracing new lifestyle choices. Healthy cooking demo, mindful moment practice, health screening by IMH Outreach staff and door prizes.

Farmland for the Next Generation

Mondays, November 7-28
5:30-7:30 pm CST
Virtual
\$50 per family

During this 4-session virtual program hear from industry representatives, farmers and extension personnel as we prepare you for your future land acquisitions. Register by October 31 at <https://tinyurl.com/Farmland22>

Get Your Affairs in Order: Code Red

November 8 - 6-7:30 pm CST
Brook Iroquois Washington Public Library, Brook
\$Free

Kathryn Weiss, Purdue Extension-Newton County ANR Educator will speak on what contingency planning is and why it is essential for the future of your family or business.

Get WalkIN'

Kickoff: November 9
Email-Based Walking Program
\$Free

Walking is a popular form of physical activity—and good for your health! Do you need some motivation to get started? Join this 12-week email-based walking program. Participants can sign up, walk on their own and receive email-based support and information. Local weekly walks planned! Sign up by November 2.

Be Heart Smart

November 9, 16, 23 & 30
12:15-1 pm CST
Newton County Government Center, Morocco
\$Free

Be Heart Smart is a program for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors for heart disease and how to make simple changes to their daily routine that can improve their heart health.



Extension - Newton County

Youth Scholarship Workshop



November 16 - 7-8 pm CST
Newton County Government Center, Morocco
\$Free

This workshop is open to anyone and provides the opportunity to learn about applying for scholarships along with what scholarships are available in 4-H as well as the Jasper Newton Foundation.

Bi-State Crops Conference

December 1 - 9 am-2 pm CST
Beef House Restaurant, Covington
\$30

Soil health topics will be discussed as well as PARP, CCH and CEU credit opportunities available. To register, visit <https://tinyurl.com/BiStateCrops22>

Digging Deeper into Land Leases

December 6 - 5:30-7:30 pm CST OR
December 7 - 9-11 am CST
Virtual
\$25 per household/farm

Come learn how to build successful and equitable land lease agreements as well as hear from an attorney to learn about the legal side of land leases. Registration deadline is 24 hours before each session.

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Soil Health Producer Training

December 8 - 8:30 am-12:30 pm
CST

Newton County Government
Center, Morocco
\$Free

A program partnering with Newton County SWCD to educate participants about soil health and the benefits it can bring. This program will have PARP and CCH credits available as well as FREE lunch! Register by December 1.

Quad County PARP

December 8 - 6-8 pm CST
Tri-County High School Auditorium
\$Free

End of the year opportunity to earn PARP, CCH and CEU credits for anyone needing them.

Get Your Affairs in Order: Who Gets Grandma's Yellow Pie Plate?

December 13- 6-7:30 pm CST
Brook Iroquois Washington Public
Library, Brook
\$Free

Deb Arseneau, Purdue Extension-Newton County HHS Educator will speak on providing practical information about the inheritance and transfer of non-titled property.

Calm-Create-Connect: 2023 Vision Board

December 15 - 5-9 pm CST
Mt. Ayr Community Building,
Mt. Ayr
\$35

Take time for yourself to relax and reflect on your 2023 goals. Deb Arseneau and Carmen Fortney, HHS Educators will guide you in activities to create your own vision board. Please bring scissors and your favorite magazines or catalogs (to cut pictures from). All other materials are provided.

Get Your Affairs in Order: Identity Theft

January 10 - 6-7:30 pm CST
Brook Iroquois Washington Public
Library, Brook
\$Free

Presented by Kristi Ritter, FirstCare Home Care. Scammers do not discriminate-they can and will attack anyone who is vulnerable. Learn tips on how to watch for and prevent identity theft.

Child Care & Early Childhood Educators: Building Block Party Training

January 12- 5-6:30 pm CST
Goodland Childcare Center,
Goodland
\$Free

Learn how you can guide children's early learning experiences by using blocks and encouraging their development. Block play can provide an environment to learn math, science, social, physical and pre-reading skills.

Women's Agriculture Enrichment Series

January 17, February 21, March 21
6-8 pm CST
Newton County Government
Center, Morocco
\$40

This 3-part series focuses on encouraging women to become more involved and knowledgeable in the ever-changing agriculture field. Register by January 6.

City Farmer

January 18, February 15, March 15
6:30-8:30 pm CST
Downtown Lounge & Trattoria,
Kentland
\$60

Come hear 2022 farming updates as well as 2023 outlooks from multiple Purdue University specialists. Contact a committee member to register.