

# EXTENSION PROGRAMS & WORKSHOPS

Register by calling 219-285-8620 x 2800 or by emailing [arseneau@purdue.edu](mailto:arseneau@purdue.edu) or [brunton@purdue.edu](mailto:brunton@purdue.edu)

## ADULT

### **Optimizing Life Documentary & Healthy Cooking Demonstration**

**Wednesday, November 2 - 7 p.m.  
Newton County Government  
Center, Morocco**

Join us to view the documentary, *Optimizing Life*, produced by Leigh Littiken, local journalist. *Optimizing Life* is a documentary from WFYI Public Media featuring emotionally powerful stories of Hoosiers who find themselves in the midst of life-threatening health crises, faced also with the opportunity to dramatically turn their health around by embracing new lifestyle choices. Following the documentary we will highlight upcoming lifestyle wellness programs, enjoy healthy food samples, and network with our health partners at Iroquois Memorial Hospital.

### ***Be Heart Smart***

**Wednesdays, November 9, 16, 23  
& 30 - 12:15-1 p.m.  
Newton County Government  
Center, Morocco**

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. This program will meet weekly during November as a lunch 'n learn.

## **Get WalkIN'**

**Kickoff: November 9  
Email-Based Walking Program**

Walking is a popular form of physical activity—and good for your health! Only half of all American adults get the recommended amount of physical activity. Regular physical activity can lower risk of many diseases. Need some motivation to get started but don't have time to attend a class? Get WalkIN' is an email-based walking program being offered through Purdue Extension in Newton, Benton and Warren counties. Participants can sign-up, walk on their own and receive e-mailed support and information.



## YOUTH

### ***Jay County Fall Classic Open Beef Show***

**September 10  
Jay County Fairgrounds**

### ***Randolph County Fall Classic Open Beef Show and Southeastern Indiana Angus Fall Classic***

**September 17 - 12 pm  
Randolph County Fairgrounds**

### ***Area 9 Livestock Skillathon Contest***

**September 21 - 4 pm  
Tri-County Jr./Sr. High School,  
Wolcott**

This contest includes the identification of livestock production related topics.

### ***Area 9 Soil Judging Contest***

**October 3 - 9:30 am  
Pulaski County**

This contest provides youth an opportunity to analyze soil properties and make land use recommendations for production agriculture and home site development.

### ***Scholarship Workshop***

**November 16 - 7-8 pm  
Newton County Government  
Center, Morocco**

This workshop 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.



Extension - Newton County