

News Column for Use Week of 1/25/2021
Sonia Cooper, Nutrition, Food Safety, and Health Agent
River Valley Extension District
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Expand Your Horizons with “Living Well Together”

Register and be a part of the Family and Consumer Science (FCS) program series “Living Well Together.” This series is on Thursday evenings at 6:45 p.m. Each program is approximately 45 minutes in length with 15 minutes at the end for questions. Every Thursday evening features a different topic that may be of interest to you.

Join K-State Research and Extension Family and Consumer Science agents and guest speakers virtually for a variety of topics. This program series will discuss essential living skills such as financial literacy, building relationships with friends and family, and leading healthier lives.

Programs now through February include:

- January 28th – “Who’s Taking Care of You” – self-care is important every day.
- February 4th – this program is recommended for the adult audience only – Social Media 101 – Do you know what phone apps are the most popular?
- February 11th – Love Languages – Relationships grow better when we understand each other. Everyone gives and receives love differently, but with a little insight into these differences, we can be confidently equipped to communicate love well.
- February 18th – Make Active Habits Stick, exercise as medicine plus a preview about the upcoming Extension program “Walk Kansas”.
- February 25th – Living Well with Diabetes – Diabetes is a common, costly, and serious disease. Discuss how diabetes can be delayed, controlled, and even prevented.

These programs are “free”, but registration is required. You can register at <https://bit.ly/3nbxwSv>. Take charge. Register for this free program. If you have questions, contact Sonia Cooper at srcooper@ksu.edu or 785-632-5335.