

# Boyle County Homemaker Lessons

## 2011-2012

Month	Training Date	Lesson	Instructor
September 2011	August 25 6:00 p.m.	Couponsing	Marisa Aull
October, 2011	September 20 6:00 p.m.	Social Networking 101	Sara Talbott
November, 2011	October 20 10:00 a.m.	Self-Defense	Rita Stewart
December, 2011	<i><b>NO TRAINING in DECEMBER</b></i>		
January, 2012	November 22 1:30 p.m.	Healthy Meals on a Budget	Tamera Thomas
February, 2012	NO TRAINING— Lesson will be Mailed	Let the Consumer Beware	Mary Hixson
March, 2012	February 21 10:00 a.m.	Growing & Cooking with Herbs	Luci Hockersmith
April, 2012	March 26 1:30 p.m.	Snap, Shoot, Send	Lori Rice
May, 2012	April, 26 6:00 p.m.	Relax & Rejuvenate	Natasha Saunders

### Description of Lessons

1. **Couponsing:** Master ways to use coupons for mega-savings.
2. **Social Networking 101:** Learn more about using facebook, twitter, texting, and email to communicate with family and friends.
3. **Self Defense:** Learn ways to protect yourself whether at home, shopping, or on vacation. Includes both home safety and physical safety techniques.
4. **Healthy Meals on a Budget:** Creative ways to incorporate food leftovers and casseroles into family meals. Includes information on portion sizes and adapting recipes to stretch your food dollar.
5. **Let the Consumer Beware:** Be able to identify the signs of consumer fraud and utilize strategies for reducing your risk of being targeted.
6. **Growing & Cooking with Herbs:** Learn how to grow your own herb garden and then use those herbs to create nutritious meals with less sodium. Also learn about herbal vinegars and how to make them.
7. **Snap, Shoot, Send:** Do you need to know what to do after you take a digital picture on your phone or camera? Learn about editing, sending, and printing pictures from camera, desktop, or store.
8. **Relax & Rejuvenate:** Safe, simple meditation techniques, deep breathing, and basic standing and seated stretching exercises to increase one's physical activity levels and flexibility and relieve stress and tension.