

McCracken County Extension Homemakers 2011-2012 Class Schedule

Meditation, Breathing and Stretching Exercise for Stress Release and Flexibility.

August 30, 2011

This lesson offers Homemaker participants accessible tools to assist them in implementing safe, simple meditation techniques, deep breathing, and basic standing and seated stretching exercises. Through participation in this program and practice of these simple exercises, participants will increase their physical activity levels and flexibility, and will know how to release stress and tension when needed.

Saving Energy and Money: Making the most of your home and landscape

September 26, 2011

This lesson will focus on the use of natural lighting and landscaping to conserve energy and save money. *It is part of the 2011-2012 KEHA Environment, Housing and Energy Program of Work.*

Extension Homemakers Support Military Families

October 24, 2011

Families of deployed or returning military personnel live in most communities, often going unrecognized and uncared for. Such families face unique challenges, such as coping with feelings of isolation, grief, sadness, or frustration; and just keeping the family operating. They could use the caring touch of Extension Homemakers and other community agencies. This workshop will teach participants to make caring items for children in such families such as Worry Pillows and Hero Packs, in collaboration with Extension's national initiative, Operation Military Kids. Participants will be able to take home the item they make, to show while they talk with friends and community groups about reaching out to military families in need of neighbors. *This lesson is part of the KEHA Family & Individual Development 2010-2011 Program of Work.*

Mix It Up!

November 29, 2011

Mix It Up! encourages participants to balance starch, protein and vegetable (SPV) in their meals; practice portion control; and maximize on their resources (time, money and skills) to make healthy life style choices, access nutritious foods, secure financial stability and nurture their families.

Let the Consumer Beware! . . .In Tough Economic Times

February 3, 2012

Consumer fraud, an age-old problem, has become more sophisticated with the expansion of the Internet and direct-marketing techniques. The old adage still holds true: "If anything sounds too good to be true, then it usually is." While many types of fraud continue to exist, "Let the Consumer Beware! In Tough Economic Times" focuses on a few general areas that consumers should consider carefully. The publication, facilitator's guide, and PowerPoint presentation will help consumers learn the telltale signs of fraud and protect themselves appropriately. *This lesson is part of the 2011-2012 KEHA Management and Safety Program of Work.*

Party for a Cause: Ovarian Cancer Awareness Tea Party (OCAT)

March 1, 2012

Ovarian Cancer is one of the most deadly of women's cancers. Each year about 20,000 cases are diagnosed and about 15,500 women die from the disease. Join your voices together for a louder message by hosting an OCAT Party. Bring individuals from your community together for a wonderful afternoon of relaxation, raising awareness of ovarian cancer, and raising funds for KEHA's ovarian cancer program. This lesson teaches the A-Z of hosting an effective OCAT, how to raise awareness of ovarian cancer, and how to brew the perfect cup of tea! *This lesson is part of the KEHA Foods, Nutrition, and Health Program of Work.*

Kentucky Vacations in our own Backyard

March 30, 2012

Learn more about the more than 50 Kentucky state parks, including historic sites and recreations areas. These include more than 50,000 acres and provide a wealth of both natural beauty and historic preservation. Kentucky parks receive more than 7 million visitors each year. Shouldn't you be one too? *This lesson is part of the 2011-2012 KEHA Cultural Arts Program of Work.*

The Power of Motivation

April 24, 2012

Motivation explains why people think and behave the way they do. In order to have personal or organizational success one must recognize key concepts that motivate behavior to meet needs and desires. This program focuses on internal and external motivational factors as a springboard to action.

Diabetes Update

Mailout

Kentucky ranks 7th in the nation in the largest percentage of adults diagnosed with diabetes. This lesson will provide you with updated information on the disease. Stories will be used to provide information for individuals to manage their diabetes. In addition, individual will learn how to make small changes in the meals that they already eat so that it appropriate for an individual with diabetes. Physical activities will be introduced in fun ways throughout the program.

McCracken County Extension Homemaker membership is open to everyone. Dues are \$7.50 per year.