

Lesson Leader Training for 2011 - 2012

SEPTEMBER	
Relax & Rejuvenate August 29, 2011 1 p.m. & 6 p.m.	Learn simple techniques that include deep breathing and stretching exercises to increase one's physical activity level, improve flexibility and relieve stress.
OCTOBER	
Social Networking 101 September 29, 2011 10 a.m. (<i>one time</i>)	Learn more about using Facebook, Twitter, texting and e-mail to communicate with family and friends.
NOVEMBER	
Self Defense & Personal Safety October 27, 2011 10 a.m. (<i>one time</i>)	Whether at home, shopping or on vacation, personal safety should be a priority. Participants will review techniques and tips.
JANUARY	
Let The Consumer Beware November 15, 2011 10 a.m. & 7 p.m.	Consumer fraud and identity theft are the nation's fastest growing crimes. Learn to utilize strategies for reducing your risk of being targeted.
FEBRUARY	
Couponing January 26, 2012 1:30 p.m. & 6 p.m.	Master ways to use coupons for mega savings.
MARCH	
Healthy Meals On A Budget February 23, 2012 10 a.m. & 7 p.m.	This presentation features creative ways to incorporate food leftovers and casseroles into family meals. There will be a review of steps to identify appropriate portion sizes and tips for adapting recipes to stretch food dollars.
APRIL	
Growing & Cooking With Herbs March 22, 2012 10 a.m. (<i>one time</i>)	For a number of years there has been renewed interest in both growing and using culinary herbs. By cooking with herbs one can often reduce sodium consumption and enhance the flavor of foods.
MAY	
Snap, Shoot & Send April 26, 2012 10 a.m. (<i>one time</i>)	Digital photography has created both opportunity and challenge to amateur photographers. Learn about editing, sending and printing pictures.