

FAMILY AND CONSUMER SCIENCE PROGRAM SERIES

LIVING WELL TOGETHER

JOIN K-STATE RESEARCH AND EXTENSION FCS AGENTS AND GUEST SPEAKERS VIRTUALLY FOR A VARIETY OF TOPICS IN OUR LIVING WELL TOGETHER PROGRAM SERIES, WE WILL DISCUSS ESSENTIAL KNOWLEDGE AND SKILLS SUCH AS FINANCIAL LITERACY, BUILDING STRONG FAMILIES, AND LEADING HEALTHIER LIVES.



January 7, 2021 - 6:45p

Cooking Road Map

WHETHER YOU HAVE COOKED FOR YEARS OR ARE JUST BEGINNING TO LEARN, THIS CLASS CAN HELP IN STRETCHING YOUR FOOD DOLLAR AND PREVENTING FOOD WASTE—USING WHAT IS ALREADY ON THE SHELF IN YOUR PANTRY OR REFRIGERATOR/FREEZER TO CREATE TASTY SOUPS, STIR FRIES, SKILLET MEALS AND MORE.



January 14, 2021 - 6:45p

2021: Cut the Clutter & Get Organized

AS NEW YEAR'S RESOLUTIONS GO, GETTING ORGANIZED IS RIGHT UP THERE TOWARD THE TOP OF THE LIST. JOIN US AS WE FOCUS ON CUTTING THE CLUTTER IN YOUR LIFE, AND GETTING AND KEEPING YOUR FINANCIAL RECORDS ORGANIZED.



January 21, 2021 - 6:45p

Vaccinations: Checking the Facts Together

EXPERTS FROM THE KS IMMUNIZATION COALITION TALK ABOUT THE HISTORY AND IMPORTANCE OF VACCINES, AND ANSWER QUESTIONS ABOUT THEIR SAFETY. DISCUSSION WILL FOCUS ON HPV, FLU AND COVID-19 VACCINES AND IMMUNIZATIONS IN GENERAL.



January 28, 2021 - 6:45p

Who's Taking Care of You?

SELF-CARE IS AN IMPORTANT ACTIVITY TO DO EVERY DAY. DOING SO WILL LEAD TOWARD A BETTER BALANCE AMONG YOUR DIMENSIONS OF WELLNESS AND LEAD TOWARD IMPROVED OVERALL HEALTH AND WELLNESS. LIFE IS PRECIOUS, AND IT IS MEANT TO BE ENJOYED.

REGISTER FOR ANY OF THE FOLLOWING PROGRAMS AT:

<http://bit.ly/LivingWellTogether-Jan>



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