

2019 “TRANSFORM YOUR HEALTH” SERIES

These workshops are for anyone looking to make healthier choices and to learn about the research-based recommendations for eating smart and moving more. Location: Stanly County Agri-Civic Center-Extension Kitchen.

Workshop	Description	Price	Date & Time
Setting Goals to get Started	There's no better place in starting your transformation than to set SMART goals. This workshop will allow participants to see where they are (weight, BMI, measurements, healthy habits and more) in order to determine what personal goals they want to achieve in 2019.	\$5	1/23/19 12-1PM
Mindful Wellness	Participants will learn basic information regarding mindfulness activities and the value to mind-body health.	\$5	2/20/19 12-1PM
Food & Mood	Emotional eating can get the best of anyone and can contribute to overeating, which can lead to obesity later in life. This class will discuss differences between emotional hunger and physical hunger, as well as identify factors associated with some food cravings.	\$5	3/20/19 1-2PM
Getting Herby with It **	This workshop will teach you how to handle your herbs from the soil to your recipes.	\$5	4/17/19 5:30-7:30PM
Meal Prep Boot Camp **	You may have heard of several people who have started meal prepping. Learn how to do this and why it may be beneficial to achieving your health goals	\$5	5/15/19 11AM-1PM
Waterbath Canning **	This hands-on workshop will prepare you for safe home canning using a waterbath canner to preserve high acid foods. We will wrap up with a healthy recipe using your canned product.	\$5	6/11/19 10AM-12PM
Pressure Canning **	This hands-on workshop will prepare you for safe home canning using a pressure canner to preserve low acid foods. We will wrap up with a healthy recipe using your canned product.	\$5	7/9/19 10AM-12PM
Family Hike **	Bring your family to enjoy a hike a Morrow Mountain State Park. We will meet at . Wear appropriate shoes; waters and a light snack will be provided. (LOCATION: MORROW MOUNTAIN STATE PARK)	\$5	8/20/29 9AM-11AM
A Winning Tailgate Party **	This workshop will cover how to incorporate food safety, nutrition, and FUN into a tailgate gathering. We will wrap up the class tasting recipes together.	\$5	8/28/19 11AM-1PM
International Cooking	There are lots of flavors and methods of cooking used worldwide! Let's explore some of the unique recipes from other countries.	\$5	9/25/19 11AM-1PM
Flex Your Fitness	Gaining muscle seems to be all the rage these days. Learn about why muscle-strengthening activities are so important; participants will also do simple exercises using all muscle groups; dress accordingly.	\$5	10/16/19 12-1PM
Gifts from the Kitchen **	Learn how to make fun and financially friendly gifts for your friends and family this year.	\$5	12/4/19 11AM-1PM

****These workshops are also in our “Learning to Grow” Series (make sure you don't pay twice)**

2019 Transform Your Health Series Registration Form

Complete and return the form below OR submit registration online:

<https://golinks.ncsu.edu/transformyourhealth2019>

Name: _____ Phone: _____

Email: _____

Mailing Address: _____

Dietary Restrictions/ Allergies: _____

Would you like to sign up for our quarterly Extension e-newsletter (circle your answer)? YES / NO

Please put a checkmark by your workshop(s) of choice:

- Setting Goals to Get Started _____
- Mindful Wellness _____
- Food & Mood _____
- Getting Herby with It _____
- Meal Prep Boot Camp _____
- Waterbath Canning _____
- Pressure Canning _____
- Family Hike _____
- A Winning Tailgate Party _____
- International Cooking _____
- Flex Your Fitness _____
- Gifts from the Kitchen _____

Amount enclosed: \$ _____

Please mail your registration and check to:
Stanly County Cooperative Extension
26032-E Newt Rd Albemarle, NC 28001



FAMILY & CONSUMER SCIENCES PROGRAM