Practical L.I.F.E. Series – 2023
Lessons for Individual & Family Enlightenment

January – May, 2023

• January 13: Simple Home Modifications – designed for aging seniors living at home or for caregivers who are working with aging parents/clients (target audience seniors and caregivers)

• February 10: Medicare Basics* – designed for those approaching or just becoming age 65 (this is a 2-hour presentation)

• March 10: Making New Strides – designed for those who would like to set up a regular exercise program to maintain balance and muscle tone, as well as improve general well-being; Walk Kansas 2023 will be featured

• April 14: Mindful Eating – targets making meal and menu selections based on health needs and chronic disease prevention (adult target audience)

• May 12: Better Brains for Babies – coaches care-giving techniques that promote brain development for infants and young toddlers (young parents; first time parents; child care providers; babysitters)

Coming Later in 2023

• Suddenly in Charge – teen clinic for providing child care to younger children*

• Emergent Literacy – coaches parents on how to build pre-reading skills intentionally by the way they interact with their children through reading and other activities (parents and young children target audience)

• Soft Skills are Success Skills – focuses on social emotional skills, or soft skills, including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (target audience is middle school-aged youth)

Registration is FREE!

Call the Geary County K-State Research & Extension office at 785-238-4161 by January 12 to reserve your spot!