

Photo by [Alonso Reyes](#)
[Unsplash](#)



Practical L.I.F.E. Series – 2023

Lessons for Individual & Family Enlightenment

Every 2nd Friday at 10AM at the Dorothy Bramlage Public Library, 230 W. 7th St., Junction City
Registration is **FREE!**

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

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)

Presented by:

Deb Andres, Family & Consumer Sciences Agent
Geary County K-State Research & Extension



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)

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Geary County K-State Research & Extension Office two weeks prior to the start of the event **January 12, 2021** at **785-238-4161** or ge@listserv.ksu.edu. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.