

Family & Consumer Sciences (FCS) Opportunities

Free Radon Kits

Radon is a radioactive gas that moves up through the ground to the air above and into your home through cracks and other holes in the foundation. During January's National Radon Action Month, you can find out if your home has an elevated radon level by conducting a simple test. Stop by Room 149 of the County Office Building to get your kit.



"Plan Ahead" Lunch N' Learn January 14 This lunch and learn session from noon – 1:00 p.m. will teach you about planning for the future and completing your advanced directives such as will and testament, living will, and power of attorney. You must pre-register and pre-pay the \$5 cost in order to attend. You will leave with a lot of information and lunch.

Eat Smart Move More Weigh Less (ESMMWL)

Our Eat Smart Move More Weigh Less support group will be on **Wednesdays** starting on **January 13** from 12:10pm -12:50pm in the Person County Office Building Auditorium and will last until **May 4**. The ESMMWL curriculum is based on weight loss strategies proven to work to help participants be successful in both losing weight and maintenance of a healthy weight. There is a \$15.00 registration fee for the entire series.



Living Healthy With Diabetes Tuesdays February 2 – March 22 Classes run from 1:30 p.m. – 4:00 p.m. each day. Location is still to be determined. This evidence based program developed by Stanford University is free but participants are asked to commit to attending all sessions. Call Leigh Ann at 597-2204 X 2277 to pre-register. To be eligible for the program you must be diabetic, pre-diabetic or the caregiver of a diabetic.

Pinto Bean Fundraiser

The Person County ECA Council invites you to join them on **Friday, February 5** for their sixth annual pinto bean luncheon. For just \$5.00, you will get beans, cornbread, beverage, and homemade dessert! The pinto bean fundraiser will take place at the County Office Building from 11:30am – 1:30pm and will be available for eat in or take out.



"Don't Worry" Lunch N' Learn

February is American Heart Month and everyone needs to ask themselves "Do you worry too much? And is it hurting your heart?" Our monthly lunch n' learn session will be **Thursday, February 25** from noon – 1:00pm. The cost is \$5.00. We will be discussing some stress management tips, the effects of stress on your heart, and signs to watch out for.

Safe Plates Food Safety Course March 28-31, Exam April 4 This 15-hour food safety course will help certify restaurant staff in food safety education. It is scheduled from 9:00 a.m. – 12:00 p.m. on Monday – Thursday with the exam held the following Monday. The early bird registration fee is \$125 and due by March 11.



Matter of Balance Mondays, April 4 – May 23 This free 8-week program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Classes run from 1:00 p.m. – 3:00 p.m. at Cambridge Hills Assisted Living Activities Room and is open to anyone who has a concern about falling! For questions about the program or to register, call LeighAnn Creson at the Health Department at 336-597-2207 x 2277.



For More Information about our Family & Consumer Science Programs or to be added to our mailing list, contact the NC Cooperative Extension Service, Person County Center at:

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