

# Wellness



## Empower Me to be Clutter Free

Does the clutter in your life feel overwhelming? Are you looking to get organized, but don't know where to start? Harrison County Extension partners with the Harrison County Library to offer Empower Me to be Clutter Free! This free, three-part program offers tips and tricks to help free yourself from clutter!

## Seeds of Hope

On Saturday, May 20th, Purdue Extension teamed up to provide “Planting Seeds of Hope” at the Region 18 Foster Parent Appreciation Event. The event was held at the beautiful Arami Acres in Georgetown. During the day, Health & Human Sciences Educators Emma Finerfrock (Clark Co.) and Tara Beckman (Harrison Co), along with Nutrition Education Program Advisor Cindy Finerfrock (Harrison & Floyd Co.), discussed the parallels of caring for plants and caring for ourselves, assisted as each participant (adults and youth!) planted their own tomato seeds, and provided them with a wealth of resources on caring for themselves and their seeds, how to harvest the tomatoes, store them, and use them in recipes provided. It was a great event-filled with wonderful people, conversations, education, resources, and fun!



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## PURDUE EXTENSION **GET WALKIN'** PROGRAM

### Get WalkIN Program

Purdue Extension wants to help you increase your physical activity. No need to worry about finding time to attend a program—this one is done completely via email!

Walking is an easy way to start and maintain a physically active lifestyle. Walking is accessible to almost anyone, does not require specific skills or abilities to perform, and can be done alone or with others. Physical inactivity is directly related to the prevalence of adult and childhood obesity. Participation in regular physical activity, like walking, decreases the risk of coronary heart disease, hypertension, type 2 diabetes, osteoporosis, depression, obesity, breast and colon cancers, and falls in older adults.

Get WalkIN' helps to promote and increase physical activity among adults simply by walking more. This unique program is entirely e-mail based. Over a period of 12 weeks, you will receive 16 e-mail messages from Purdue Extension containing credible and useful information about the health benefits of walking, how to overcome barriers, principles of self-efficacy, social support, goal setting, walking locations, and relapse prevention.

Let us help motivate and encourage you to get on your feet! This program helps participants make simple changes to their daily routine to get in more steps—and on their way to better overall health and well-being.

### Chair Exercises

Purdue Extension Harrison County Educator, Tara Beckman, led a mini lesson on chair exercises and safety measures to take before, during, and after exercising.

