

FREE EDUCATIONAL SEMINARS

Friday, March 6, 2009

PUBLIC INVITED

Marion Public Library, 600 S. Washington Street, Room
Downtown Marion

Educational seminars presented by
Consumer and Family Sciences Purdue Extension Educators

Foods and Nutrition-by Susie Neher

9:00-10:00 *“Cooking for One or Two”*

One and two person households are a growing sector in our nation. Although everyone needs a variety of foods to stay healthy, sometimes cooking for one or two may seem like it's not worth the trouble. This lesson will help you plan for more convenient and economical cooking, reduce your favorite recipes, shop for good nutrition and value, and creatively use your leftovers.

Family Resource Management -by Christa Holloway

10:15-11:15 *“Conquer Outdoor Clutter”*

Have your landscaping, garage and storage sheds gotten out of control? Learn ways to rid of clutter, hid equipment, and make your gardens look groomed, and feel better as you enjoy being outdoors around your home as you prepare for spring.

Human Development-by Teresa Witkoske

11:30-12:30 *“Life is Short—Wear Your Party Pants”*

Too many people live their lives as if they're sitting in a waiting room, hoping that their turn will come up next. Remember that life is not something to be endured; but something to be truly appreciated. This program will investigate 10 simple truths that explore 10 ways to live life to the fullest, minimize potential regrets and be sure to wear those party pants!

Light refreshments will be served.

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Purdue Extension

Knowledge to Go

Grant County

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