

Jasper County HHS Summer Newsletter



Stay informed and get involved with these upcoming programs focused on health, nutrition, and wellness—designed to help you live your best life!

Jasper County Wellness Walks

Breathe in the fresh air and join us for a short health lesson followed by a one-mile community walk. A great way to connect and stay active!

 Brookside Park

 June 6 & 13

 10:30 AM

 Questions? Call Carmen Fortney at 219-866-5741



A Matter of Balance: Fall Prevention Class

Are you or a loved one at risk for falls? Want to learn practical tips to stay safe and steady on your feet? A Matter of Balance is an award-winning program designed to help older adults reduce their fear of falling and increase activity levels.

 Rensselaer Library, 208 W. Susan St.

 Tuesdays & Thursdays | July 1 – July 24

 10:00 AM

 \$ \$25 (includes materials & refreshments)

 Registration is required.

Cooking Matters (In Partnership with Franciscan Alliance)

Learn practical tips for healthy eating and take home a bag of groceries to recreate a featured recipe. A fun, interactive way to make nutrition doable and delicious!

 Rensselaer Library

 August 20

 11:00 AM

 Register by calling Carmen Fortney at 219-866-5741



Dining with Diabetes

Take control of your health through smart food choices and simple lifestyle changes. This four-part series includes live cooking demos and focuses on managing diabetes through nutrition and exercise.

 Jasper County Fairgrounds

 July 31, August 7, 13, and 21

 5:00 – 7:00 PM

 \$ \$40 per person | \$65 per couple

 Registration is required.



Food Budget & Meal Planning

Discover easy ways to stretch your food dollars and take the stress out of meals. Includes a take-home meal planner.

 Extension Office

 June 10

 5:30 PM

 \$ \$10 per person

 Registration is required.

Air Fryer 101: Get the Most Out of Your Appliance

Not sure how to use your air fryer—or whether you should get one? Learn the basics, explore models, and enjoy a tasty food demo for a quick dinner idea.

 Extension Office

 June 18

 5:30 PM

 \$ \$10 per person

 Registration is required.

 Register or learn more about any class:

Carmen Fortney | 219-866-5741

We look forward to seeing you at one of these great programs!

Summer Word Search

N I C E S M A R G O R P T S
J A S P E R C O U N T Y T K
A T E K R A M S R E M R A F
N G E E S F F R I E N D S R
Y A R T U L D T J A U R R D
L N T I N J A S H Q U E E N
I M C U C E U M F E H F A R
M R R R R U G M I P A N R F
A E G A T E L A T N D L N M
F M C R I A R T P M A E T A
T M R F E E R S U F A I R H
F U A I F R G M I R P I F I
R S T L P G F M O S E C U S
R I H R U O F I Q T A U N R

SUMMER
AGRICULTURE
NATURE
HEALTH
FARMER'S MARKET
FAIR
FUN
JASPER COUNTY
PAGENT
QUEEN
FOUR H
PROGRAMS
FAMILY
FRIENDS
ANIMALS