



Highlights Happening Here at Headquarters

**March/April
2025**

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It's hard to believe that it's already March! 2025 is going fast and the Fair will be here before we know it! There are a lot of great workshops and opportunities available for 4-H members and volunteers. Be sure to read through this newsletter and keep an eye out for more information about these opportunities. If your contact info changes, let the Extension Office know so you are getting the most updated information.

For those of you who are new to the White County 4-H program, we are so glad that you are joining us and we hope you enjoy your White County 4-H experience! Information about 4-H activities and events are included in the bimonthly "Highlights Happening Here at Headquarters" White County 4-H newsletter, as well as on the Purdue Extension - White County webpage, and the White County 4-H Facebook page.

There are a lot of great area and state 4-H events to get involved in! Participating in events outside the county exposes you to new experiences and new people. These are great opportunities for personal development and can help youth bring back new and exciting ideas for White County. To learn more about these events visit: <https://extension.purdue.edu/4-H/getinvolved/state-programs/index.html> If you have any questions or concerns, please do not hesitate to call the Extension Office at (219) 984-5115.

Sincerely,

Molly Childers

Extension Educator- 4-H Youth Development

Connect with us:

12 N 25 E Reynolds, IN 47980

219-984-5115

Open Mon-Fri 8 a.m.-4 p.m.

Follow us on Social Media for the latest news and photos!

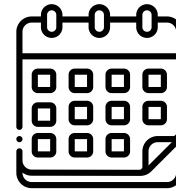


White County 4-H



@WhiteCounty4HOfficial

4-H Calendar



March

- 1 Beef Weigh-In, 9:00am-10am, Arena, Reynolds
- 3 Gardening Workshop, 6:30pm, 4-H Building
- 4 Goat Club Meeting, 6:30pm, 4-H Building
- 4 Shooting Sports, 6:30pm, 4-H Fairgrounds
- 5 Ag Assoc, 7:00pm, 4-H Building, Reynolds
- 6 Shooting Sports, 6:30pm, 4-H Fairgrounds
- 8 Shooting Sports, 9:00am, 4-H Fairgrounds
- 11 Horse & Pony, 7:00pm, 4-H Building
- 11 Making Strides, 6:00pm, Old Idaville Firehouse, Idaville
- 12 West Point Club Meeting, 7:00pm, Meadowlake Church, Wolcott
- 13 Honey Creek, 6:30pm, 4-H Building
- 15 Fairgrounds Clean-up, Reynolds
- 17 Poultry Club Meeting, 6:30pm, 4-H Building
- 18 Cat Club, 6:30pm, 4-H Building
- 18 Rabbit Club, 7:00pm, 4-H Building
- 19 Union Township Meeting 6:30 pm, @ Roosevelt Middle School Cafeteria
- 20 Mini 4-H, 6 p.m. 4-H Building, Reynolds
- 20 Jr. Leaders Tip Night Fundraiser, Roots, Wolcott
- 24 IQLC, 6:30 p.m., 4-H Building
- 24 Monon Club Meeting, 4:30pm-6:30pm, @ Monon Public Library
- 27 IQLC, 27th, 1:00 p.m., 4-H Building
- 31 Liberty Township Club Meeting, 7:00pm, @Buffalo Fire House, Buffalo

April

- 1 Goat Club Meeting, 6:30pm, 4-H Building, Reynolds
- 2 Ag Assoc, 7:00pm, 4-H Building, Reynolds
- 3 Shooting Sports, 6:30pm, Camp Buffalo, Buffalo
- 5 Horse & Pony Fundraiser, 4-H Building, Reynolds
- 8 Horse & Pony, 7:00pm, 4-H Building, Reynolds
- 8 Making Strides, 6:00pm, Old Idaville Firehouse, Idaville
- 9 West Point Club Meeting, 7:00pm, Meadowlake Church, Wolcott
- 10 Ag Day Set-Up, 1:00pm-4:00pm, 4-H Fairgrounds, Reynolds
- 10 Honey Creek, 6:30pm, 4-H Building, Reynolds
- 10 Shooting Sports, 6:30pm, Camp Buffalo, Buffalo
- 11 Ag Day 8:00am-4:00pm, 4-H Fairgrounds, Reynolds
- 15 Rabbit Club, 7:00pm, 4-H Building, Reynolds
- 16 Union Township Meeting 6:30 pm, @ Roosevelt Middle School Cafeteria
- 17 Mini 4-H, 6:00pm, 4-H Building, Reynolds
- 17 Shooting Sports, 6:30pm, Camp Buffalo, Buffalo
- 18 Good Friday-Extension Office Closed
- 21 Poultry Club Meeting, 6:30pm, 4-H Building
- 24 Shooting Sports, 6:30pm, Camp Buffalo, Buffalo
- 26 Horse & Pony Fuzzy Show, 9:00am, Arena
- 28 Liberty Township Club Meeting, 7:00pm, @ Buffalo Fire House, Buffalo
- 28 Monon Club Meeting, 4:30pm-6:30pm, @ Monon Public Library

Computers and Robotics Workshops will take place every Tuesday from 4:30-6:00 p.m. beginning in April. See Pg. 5 for more details

2025 White
County 4-H
Fair: July
19th-24th

2025 IN State
Fair: August 1-
August 17th

Fairgrounds Spring Cleaning Day

Spring cleaning at the fairgrounds is scheduled for March 15th at 8:00 a.m.

Everyone is invited to come help clean up the fairgrounds for the spring. If able, please bring your own rake.

The alternate weather date is scheduled for April 5th.

4-H Enrollment Update!

There is still time to enroll in 4-H in 2025! To be eligible to exhibit any project at the 2025 White County 4-H Fair, youth can still enroll in White County 4-H using 4HOnline at <https://v2.4honline.com> until May 15th. Anyone who needs assistance or does not have access to 4HOnline should contact the White County Extension Office at (219) 984-5115 or stop by our office, which is located at 12 N. 25 E. in Reynolds.

A few notes about enrollment:

- For youth who were enrolled in 4-H for the 2023-2024 year, you will use the same family profile that was created last year. If you have forgotten your email or password, you should be able to reset it.
- There is a \$25 enrollment fee per member, with a maximum of \$75 per family. This fee includes the State 4-H program fee and helps to pay for the educational materials provided and events throughout the year. There is no fee for Mini 4-H (grades K-2)
- When completing online enrollment, be sure that the Emergency Contact listed is someone outside of the home that we can contact if the parents cannot be reached.
- Make sure the email you have listed in 4-H Online is up-to-date and you are checking it regularly. Many important 4-H updates are sent via email.

We hope you'll think about joining us for all that 4-H has to offer!
Please don't hesitate to call or email with any questions or concerns.

Mini 4-H

Mini 4-H is for youth in Kindergarten – 2nd grade and is a great opportunity for youth who are too young to join 4-H to see what the 4-H program is all about. In White County, Mini 4-H members join and participate in a Township 4-H Club, but also will have the chance to participate in some fun Mini 4-H workshops throughout the year. Mini 4-H members can also choose to exhibit projects at the White County 4-H Fair.

Mini 4-H project options include: Animal Poster, Cake Decorating, Collections, Crafts, Creepy Crawlies, Flowers, Foods, Models, Nature/Forestry, Sewing, and Space. Mini 4-H members can also participate in Mini 4-H Animal Showmanship classes for Sheep, Goats, Dairy, Beef, Poultry, Rabbits, and Horses during the Fair.

Enroll in White County Mini 4-H online at <https://v2.4honline.com> or by visiting the White County Extension Office, at 12 N 25 E, Reynolds, from 8 a.m. to 4 p.m. Monday through Friday.

Currently enrolled members should have received a Mini 4-H newsletter via email, this newsletter along with other important details can be found on the White County Mini 4-H webpage.



Scan with your phone's camera to learn more about Mini 4-H!



2025 White County 4-H Handbook

Handbook: The White County 4-H Handbook is now available on our website at <https://purdue.link/25handbook> Please read the 2025 requirements before starting any project. The 4-H handbook is your guide to the 4-H program, including the project exhibit requirements. If you have a specific project question, refer to your handbook first. If you cannot find the answer there, follow up with a club leader, project leader, or the extension office.

Important Deadlines

- ✓ **May 15th** - Last Day to Enroll in White County 4-H and be eligible to exhibit at the 2025 White County 4-H Fair (4HOnline or Extension Office)
- ✓ **May 15th** - Last Day to Add/Drop Projects in 4HOnline or by contacting Extension Office
- ✓ **May 15th** - Livestock Identification deadline in 4HOnline. All livestock must be identified in 4-H online to exhibit at the White County 4-H Fair AND Indiana State Fair.
- ✓ **July 1st** - All projects that you plan to bring to the 2025 4-H Fair due in online FairEntry program by midnight. This includes both static and livestock projects.
- ✓ **July 1** - Live Animal (Beef, Cat, Dairy, Dog, Goat, Horse, Poultry, Rabbit, Sheep, Small Animal, Swine) Educational Activities and record sheets (if applicable) due in the Extension Office by 4 PM
- ✓ **July 1** - Livestock Quality Assurance certification must be completed to exhibit beef, dairy, swine, meat goats, dairy goats, poultry and rabbits. More information on page 7 of the newsletter.

**Please note whether the item is due to the Extension Office or in 4HOnline or FairEntry. Items due to the Extension Office must be received in the Office by the close of business (4 p.m.) on all due dates. Due to the calendar, an alternate due date will be selected for educational activities. Keep an eye on communications for more details. 4HOnline & FairEntry deadlines are midnight on the date listed.*

Jr. Leader Fundraiser



Join us for dinner at Roots (114 N Range St, Wolcott, IN 47995) on **March 20th!** Jr. Leaders will be holding a Tip Night at Roots Eatery. A portion of all sales that evening will go toward the Jr. Leaders group.

Join Jr. Leaders

It's not too late to join Junior Leaders! We are planning some fun things for this spring! If you are not receiving Jr. Leaders emails please reach out to Molly to be added to the email list. Some benefits of Jr. Leaders include:

- Making new friends
- First to hear about trips and scholarships
- Life skill Development
- Resume Builder
- Fun Trips
- Meet new people from across Indiana



Garden Workshop



Grow your green thumb! Join us for a fun and informative gardening workshop, open to all ages. Learn tips, tricks, and techniques to make your garden thrive. This is being offered to anyone who is interested in learning more about gardening, including but not limited to 4-H members.

Date: March 3rd at 6:30 p.m.

Location: 4-H Building, Reynolds

Computers and Robotics Workshops

Anyone interested in the computers and/or robotics projects is invited to join the upcoming computers and robotics workshops. Our computer project volunteer will be available to help members with all computer and robotics projects. Lego Mindstorms robot kits are available.

Computers will be available for use during the workshops or you may bring your own.

Thank you to Leeward Renewables for the donation of new laptops for our members!

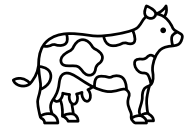
Dates: Every Tuesday in April, May, and June

Time: 4:30-6:00 p.m.

Location: Training Room, 4-H Building, Reynolds



White County Ag Day



The 2025 Ag Day will be held April 11th. We are always looking for help creating new resources to share with local 4th grade students during Ag Day. We also need High School volunteers to help lead groups and activities. If you have any interest in assisting with Ag Day in 2025, please contact Molly Childers (childer9@purdue.edu)

Ag Day is designed to teach students the importance of agriculture in their daily lives through demonstrations and hands-on displays. Stations include Ag Past, Present, and Future; Crops; Soil; Pollinators; ATV Safety; Horses Dairy; Goats; Swine; Beef; Sheep; and Poultry.



White County Queen Contest



The White County Queen Contest will take place Saturday, July 19th. Applications will be available beginning in April. Contestants must be between 18 and 22 years old by June 1, 2025 and have at least 2 years of 4-H enrollment. Junior Miss contestants must be between 15 and 17 years old by June 1st. The application process can be found on the Miss White County 4-H Fair Queen Facebook page under the "About" section. The deadline for application submission will be announced on that Facebook page.

Applications must be submitted online. If you have questions, message the Facebook Page.

4-H Camp!



4-H Camp is scheduled this year from June 4-6 at YMCA Camp Tecumseh in Brookston. All 4-H members in grades 3-6 are eligible to attend. Information about 4-H Camp will be sent to all eligible 4-H members around April 1st. We can only send a limited number of campers from White County and selection will be on a first come, first paid, first serve basis. 4-H Camp is a great way for youth to learn new things and make new friends from both White County and surrounding counties. If you are planning on sending a member(s) to camp, make sure their 4-H enrollment is complete prior to registration opening!



Graduating Seniors

We are so proud of the accomplishments of our White County 4-H seniors and want to honor them during their 2025 graduation ceremonies. Below are 2 ways you will be able to show your 4-H pride during graduation.

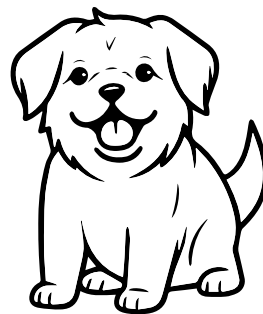
Free 4-H Tassel: 4-H grads, Indiana 4-H wants to hear about your 4-H experience! Please complete a survey to capture the culmination and impact of your 4-H activities. Information from your survey will be used to feature you as a 4-H graduating member for the county via newsletters, bulletin boards, social media posts, etc. Complete the survey by **April 1st** to receive a FREE 4-H graduation tassel. Survey: bit.ly/IN4Hgrad

Free 4-H Cords: All 2025 White County 4-H Graduates will receive 4-H graduation cords thanks to a generous sponsor. All seniors must be enrolled in 4-H Online for 2025 by **May 1st** in order to be eligible to receive their cords. The cords will be distributed to all 4 White County public high schools. Anyone graduating from homeschool or a non-white county school will have the option to have their cords mailed or picked up from the Purdue Extension- White County Office.

Dog Project Update

The White County 4-H Dog Club is in a time of transition between club leaders. We are working diligently to get Dog Club meetings scheduled. Dog members, keep an eye on your email for updates!

The 4-H Dog Project provides youth a fun and hands-on learning experience that develops life skills, as well as teaches valuable information about properly caring for their animal. Subjects such as general care, nutrition housing, training and health care are presented in the curricular materials, through workshops and in preparation of an exhibit. Youth also have the opportunity to develop responsibility, decision-making, nurturing, and communication skills through active participation in the 4-H Dog Project.



Sign up for the dog project and club in 4-H Online or call the extension office to learn more!



The 2025 Indiana State Fair Livestock Schedule has been released. Follow the link below for more information:
<https://www.indianastatefair.com/p/state-fair/competitions--contests/livestock-show-schedule>

State Summer Trips

4-H Academy is a program held at Purdue University which offers hands-on, exciting opportunities to dive deep into a 4-H'ers subject of choice. Participants in **grades 9-12** learn from professors, graduate students and other experts in their respective fields and participate in interactive activities and experiential learning. Participants stay in a Purdue University Residence Hall for two nights while exploring the Purdue University campus and meeting 4-H members from across Indiana.

When: June 11-13, 2025

Registration opens March 15th and closes May 9th

Learn More: bit.ly/in4hacademy

4-H Round-Up is an opportunity for youth who have completed **grades 7, 8, and 9** to visit Purdue University's campus and explore a variety of career paths by attending hands-on classes created just for Round-Up attendees. Supported by 4-H chaperones, participants get a taste of college life by living in a Purdue Residence Hall for two nights, eating in a University dining hall, and exploring campus. Youth enjoy building friendships with 4-H'ers from across the state during recreation events planned in the evenings and blocks of free time.

When: June 23-25, 2025

Registration opens March 15th and closes May 9th

Learn more: bit.ly/in4hroundup

The **State 4-H Band** and **State 4-H Chorus** workshops are immersive, dynamic opportunities to learn about musical performance alongside new friends from across Indiana guided by some of the best music performance teachers and staff in Indiana. Both workshops culminate in performances to over 500 people during 4-H Round-Up. State 4-H Band is a three day experience, while State 4-H Chorus is four days in length. Participants get a taste of college life by living in a Purdue Residence Hall, eating in a University dining hall, and exploring campus. Both workshops are open to all **high school age youth**; 4-H membership is not required. Each experience requires a recommendation from a band or choir director, and selection is made by the State 4-H Band and State 4-H Chorus Directors and Coordinator. Registration opens March 15th and closes May 9th.

When: June 21-23, 2025

Band info: bit.ly/inband4h

Chorus Info: bit.ly/in4hchorus



Financial Assistance for the above opportunities is available through the White County Ag Association. Reach out to the extension office for more information.

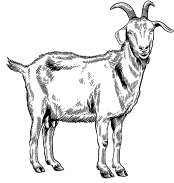


Youth are afforded an opportunity to work at the **Indiana State Fair as an Exhibit Hall Worker**. Duties include checking-in non-animal 4-H exhibits, preparing exhibits for display to the public, record keeping, interacting with fair attendees, assisting with a variety of state fair events, and releasing exhibits. Workers will develop team work, customer service, record keeping, and other work related skills through this temporary employment opportunity. Exhibit Hall Workers must be a **minimum of 14 years of age**. This employment opportunity is also available to college-age young adults. Exhibit Hall Worker are expected to reside on-site in the reserved dormitory space. This is a minimum wage earning employment opportunity.

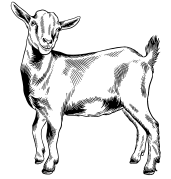
Application details coming soon. Reach out to the Purdue Extension- White County office to learn more.

Goat Showmanship Clinics

Goat members are invited to practice their showmanship skills at goat showmanship practice clinics in June. All events will take place in the Multi-Purpose Arena at the Goat Barn on the fairgrounds.



June 11, 6:00-7:30 p.m. Showmanship Workshop
 June 17, 6-7:30 p.m. Showmanship practice
 June 19, 6-7:30 p.m. Showmanship practice
 June 25, 6-7:30 p.m. Showmanship practice



Indiana 4-H Livestock Quality Care Program

Each year, livestock exhibitors are required to complete a quality assurance program in order to show their livestock at the White County and Indiana State Fairs. This program is designed to educate producers (exhibitors) on the care of their animals in order to provide a safe product for consumers. This training is for every 4-Her in grades 3 through 12 who is exhibiting beef, dairy, sheep, swine, goats, rabbits, or poultry at the White County Fair and/or Indiana State Fair. **This is a mandatory program. You must be certified in order to exhibit.**

(In-Person) Indiana 4-H Quality Livestock Care Program

1. Register for the event via 4-H Online (v2.4honline.com). You may only sign up for ONE training event. If you need to change your sign up, call the extension office.
2. Show up to the training, sign in, and stay for the entire length of the training.
3. Receive your training certificate from the educator. This certificate will be your proof of completion, more information on this will come during the training event. **Please make sure your email address in 4-H Online is correct.*
4. By July 1st, check your 4-H online profile under the "trainings" tab to make sure your training has been marked complete. If it is not marked complete, call the extension office.

The following in-person trainings will be available at the White County 4-H Building in Reynolds.

- March 24th 6:30-7:30 p.m.
- March 27th 1:00-2:00 p.m.
- May 20th 6:30-7:30 p.m.
- June 16th 10:00-11:00 a.m.

Instructions for the online YQCA option were detailed in the letter sent to all livestock exhibitors via mail and email.

If you missed this letter, it is available on the White County 4-H Website. <https://purdue.link/wc4h>

This letter also included registration instructions for the in-person offering. Answers to frequently asked questions regarding this program can also be found on the website.



Extension - 4-H Youth
Development



4-H Club Leader Information

A Few Reminders:

- Don't forget to turn in a list of upcoming Club Meetings and Events so that we can add it to the Extension Calendar and Extension webpage
- Be sure to file the e-Postcard and financial forms for your Club before May 15th! Send a copy of each to the Extension Office for our records. All information for turning in club financial info can be found in your mailboxes at the extension office and has been emailed out.
- If you have not yet completed the Minors Training in 4HOnline, this needs to be completed before your enrollment can be approved!
- If you have any questions or concerns, please do not hesitate to contact us - we are here to help!

March 13th Club Leaders Training:

Current and potential club leaders are invited to an area wide volunteer training event. Topics to be covered include creating a welcoming environment, 4-H promotion, engaging parents, 4-H club leader panel, and free resources! Plus, dinner is included!

- Date/Time: March 13th 6:00 p.m. Dinner/6:30 meeting start
- Location: Tippecanoe County Extension Office, 1950 S 18th St. Lafayette, IN 47905
- Registration Link: <https://area9clubleader.4honline.com>

Volunteer Information

Anyone who wishes to work with the White County 4-H program needs to be an approved 4-H Volunteer. All new volunteers can begin the enrollment process in v2.4honline.com by selecting "New Volunteer Applicant" but should also reach out to Molly Childers for more information.

All returning 4-H volunteers will need to re-enroll annually using the 4HOnline system. Volunteers should log into 4HOnline using the login email and password that was used when enrolled in 4HOnline last year. If you have forgotten your email or password or enrolled using a paper form last year, please contact the Extension Office.

REMINDER: All volunteers will be required to complete an online Youth Safety and Reporting Child Abuse training course called Operating Procedures for Programs Involving Minors. This is a policy developed by Purdue to ensure that programs involving minors are planned carefully and include safety as the highest priority. As part of this policy, all Purdue Extension Staff and Volunteers will complete this training course. Once completed, this certification will be good for 1 year. **YOU MUST COMPLETE THE TRAINING BEFORE YOUR ENROLLMENT CAN BE APPROVED.** The training can either be completed in 4HOnline or by coming into the Extension Office, and takes approximately 60 minutes to complete.

Please be sure to enroll as a 4-H Volunteer before you begin working with 4-H youth. This is for the safety of the youth and volunteers alike, and is required. Please contact the White County Extension Office at (219) 984-5115 with any questions or concerns.

Thank you for volunteering with the White County 4-H Program. Without all of you, our program would not be as successful as it is!

4-H NEXT CHAPTER NEWSLETTER



Indiana 4-H

Issue 001

February 2025/Vol. 001

Beyond Ready for 2025

Throughout the history of the 4-H program, Indiana youth have translated their 4-H experiences into bright futures. 4-H Next Chapter is set to focus youth intentionally on the transferable skills and competencies they learn through their 4-H projects, leadership roles, and community engagement. We're living our motto to Make the Best Better. Indiana 4-H youth are poised to be Beyond Ready for life after high school and beyond!

What is 4-H Next Chapter?

4-H Next Chapter is a set of activities and experiences aligned to Indiana's Employability Skills Continuum. Activities like networking, campus and site tours, hands-on experiences, and skills practice all work together to make each Next Chapter youth Beyond Ready to discover their unique career path.

4-H Educators and Next Chapter Facilitators are bringing Next Chapter programs to communities across the state.



Next Chapter Team Spotlight

Jennifer Abrell is the Indiana 4-H College and Career Readiness Educator. Jennifer stepped into this role one year ago and has been busy building state wide partnerships, developing curriculum, meeting with county educators and stakeholders, and helping youth and their families prepare for life after high school. Jennifer is working to build out the Next Chapter team, so if you are interested in making CCR a bigger part of your county program or you would like to volunteer in a local Chapter, reach out! jabrell@purdue.edu

Virtual Programs

Don't have a 4-H Next Chapter program in your community or school yet? Join us for an engaging virtual option from anywhere in Indiana! Chapter 1 begins Monday, March 24 and runs for four consecutive Mondays at 7:00 pm. Topics covered in Chapter 1 are: My Personal and Career Goals, Discovering Careers For Me, Networking Skills, and Service Learning. For 7th through 12th grades. Register for free here: <https://Chapter1.4honline.com>



<https://purdue.ag/nextchapter4h>

Purdue University is an equal opportunity/
equal access university.

Next Chapter CALENDAR



Indiana 4-H

February 2025

All month: Registration open for Virtual Next Chapter: <https://Chapter1.4honline.com>

February 23: College Goal Sunday, <https://www.collegegoalsunday.org/locations/>

March 2025

All month: Registration open for Virtual Next Chapter: <https://Chapter1.4honline.com>

March 18: Registration opens for Next Chapter Summer Experience:

March 18: Final Career Discovery Mentor training for this school year, 1:00 pm

March 24: Virtual Chapter 1: Session 1, My Personal and Career Goals, 7:00 pm

March 31: Virtual Chapter 1: Session 2, Discovering Careers for Me, 7:00 pm

April 2025

All month: Registration open for Next Chapter Summer Experience:

April 7: Virtual Chapter 1: Session 3, Networking Skills, 7:00 pm

April 14: Virtual Chapter 1: Session 4, Service Learning, 7:00 pm

April 15: Indiana FAFSA deadline

April or May TBD: In person Next Chapter Service Learning Day

Summer 2025

July 23-24: Next Chapter Summer Experience

Next Chapter Summer Experience

Join us for the Next Chapter Summer Experience and see yourself as a college student. Explore academic options and campus life outside the classroom. Tour Purdue University and Vincennes University, sleep in a residence hall, eat meals in dining halls, check out the VU Aviation Technology Center in Indianapolis, and explore careers you didn't even know existed. You'll even get to swim or bowl or just hang out with new friends. The July 23-24 overnight This experience is open to all youth currently in grades 7-11. Cost to the youth is \$200. Contact us if financial assistance is needed. Space is limited and priority is given to youth who have participated in one or more Next Chapter programs or activities. A wait list will be activated, if needed. Registration opens March 18.



**Turn 4-H
Experience into
Purdue credit**

Are you a current high school senior who will be attending Purdue University (West Lafayette campus) in Fall 2025? You have the opportunity to earn college credit based on your 4-H experience and demonstrated skills. Credit opportunity exists for three college courses: EDCI 28500, Multiculturalism and Education; EDCI 207, Construction and Textile Lab Management; and HORT 10100, Fundamentals of Horticulture. Each is a 3 credit course. Scan the QR code to express your interest now!

FALL PREVENTION PROGRAM:

A MATTER OF BALANCE



MANAGING CONCERNS ABOUT FALLS

Questions?

Contact Caren Crum, HHS
Educator at:
carencrum@purdue.edu
574-967-3538



Scan to
register and
learn more

Who should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling

•

You will Learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength & balance

Cost: \$25

Limited Space

<https://cvent.me/zbnyka>

**Mondays & Wednesdays- April 21-May 14-
9am-11am-4-H Building**



Extension - Carroll County

Purdue University is an Equal Opportunity/Equal Access University.
If you are in need of accommodations to attend this program, please contact Caren prior to the meeting.

If you need an interpreter or translator, please contact Caren prior to the meeting.

Purdue Extension-White County Presents:

BE HEART SMART



Free!! Thanks to the Monon Health Clinic, participants can attend this program for FREE + get a FREE cholesterol reading!

MAY 21, 28

&

JUNE 4, 11

Participants will learn:



Heart-healthy lifestyle choices



How to monitor risk-factors



How to make simple changes to your daily routine to improve heart health

10:30-11:30 A.M. ET

MONON FAMILY HEALTH CLINIC; 629 E. BROADWAY STREET, MONON, IN

REGISTRATION DEADLINE: MAY 14, 2025

REGISTRATION LINK: <https://cvent.me/PmBD1E>

Purdue University is an Equal Opportunity/Equal Access University. If you are in need of accommodations to attend this program, please contact Hillary Hawkins prior to the meeting at 219-984-5115 or hmacy@purdue.edu by May 7, 2025. If you need an interpreter or translator, please contact Hillary Hawkins by May 7, 2025.



Purdue University
White County
12 N 25 E
Reynolds, IN 47980
Cooperating with the U.S. Department of Agriculture

NONPROFIT ORG.
U.S. POSTAGE
PAID
REYNOLDS, INDIANA
PERMIT NO. 15

White County



March/April 2025