



SAVOR THE FLAVOR: COOKING WITH HERBS & SPICES

Spice up your meals and add flavor to your foods with herbs and spices! Cooking with herbs and spices is a fun and easy way to diversify meals in a healthy way. Learn about popular spices and herbs, flavor combinations, and how to prepare them. Offered Thursday, November 18th at 1:00pm in-person and via Zoom.

ADULT PREVENTION: HOW TO BE PROACTIVE AND LOWER YOUR RISK FOR DIABETES

Learning how to manage your diabetes can help you improve your health and feel your best. Learn how diabetes works, how to take care of yourself, and how to make choices that will positively impact your health. Join Amber Kaehr MA, RDN, LD, CDCES from Goshen Health as she explores risk factors for diabetes and how to minimize them through healthy eating and exercise. Offered Thursday, November 11th at 2:00pm via Zoom. Register at: <https://goshenhealth.com/thrive>

Purdue Extension Elkhart County
17746 County Road 34 Ste E
Goshen, IN 46528
<https://extension.purdue.edu/Elkhart>

To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email fink24@purdue.edu as space is limited. All classes are free and in-person at the Extension Office on the Elkhart County 4-H Fairgrounds, unless noted otherwise with a fee, "virtual", or at another location. Social distancing will be in place.



Find us on
Facebook

**Purdue Extension
Elkhart County**

PLANNING FOR A SECURE RETIREMENT

Have you given any thought to what you will do during your retirement years? Being able to retire when you want and how you want is important to many people. Planning can put you in a position to live comfortably during your retirement. Offered Tuesday, November 9th at 10:00am via Zoom. Register at: <https://bit.ly/Fall2021WorkOne>



MANAGING YOUR DEBT WHEN YOUR INCOME DROPS

Has the economy left you with more debt than you can handle? You are not alone. Learn strategies on managing debt during a crisis and resources available to help you regain control of your financial stability. Offered Tuesday, November 2nd at 10:00am at the WorkOne Elkhart Office (430 Waterfall Dr. Elkhart, IN 46516) with a Zoom option. Register at: <https://bit.ly/Fall2021WorkOne>



HEALTHY, LOW-COST EATING

Join Linda Curley, Purdue Extension Health & Human Sciences Educator in Lake County for a program on eating healthy for less! Offered Wednesday, November 3rd at 2:00pm CST (3:00pm EST) via Zoom. For more information, call Purdue Extension Lake County at 219-755-3240. Register at: <https://tinyurl.com/PEseniorwellness>