The University of Arkansas Cooperative Extension is looking for a few good men and women to assist them in creating a healthier Arkansas. Now ranked nationally as number 1 with the highest obesity rates, over 40% of Arkansans are classified as obese. County Extension Agents – Family and Consumer Sciences (FCS) are actively engaged with “Healthy Active Arkansas”, a statewide initiative launched by Governor Asa Hutchinson to improve the health of all Arkansans through promoting healthy dietary choices and increased physical activity.

Extension has always been active in the community health arena, offering classes in nutrition, cooking skills and physical activity. We are, however, limited in our reach since there is only one FCS agent in each county. The Extension Wellness Ambassador program allows us to train volunteers to improve their own health and the health of their neighbors and in the process increase our outreach.

The Extension Wellness Ambassador Program (EWAP) training program will be offered over four sessions held May 2, 9, 16, and 23 from 8:30 a.m. to 3:30 p.m. Sessions will be held at the Community Center in Paragould located at 3404 Linwood Drive. Sessions will be offered free of charge as a result of grant funding for the project. Enrollment is limited to 20 participants and pre-registration with the Craighead County Extension office (870-933-4565) by April 22nd is required. Following training and Extension Wellness Ambassador certification, volunteers agree to give back 40 hours of service to help others live healthier.

Interested in leading / or continuing to lead a group exercise program?

Adult fitness will be the emphasis at the May 9th session at the Extension Wellness Ambassador training. Those interested in Extension Get Fit (formerly Strong Women) training may attend this session only to be certified as an EGF peer volunteer leader. This training is a pre-requisite for existing groups who want to add medicine ball or other advanced programs to their current routines. Pre-registration is required to attend the single session training which will begin at 8:30 a.m. at the Paragould Community Center.

Contact the Craighead County Extension office at 870-933-4565 or email dderossitte@uaex.edu for additional information or to register.

Sincerely,

Debbie DeRossitte,
Craighead Co. Extension Agent – Family and Consumer Sciences
Craighead Co. Cooperative Extension
611 East Washington, Suite A / Jonesboro, AR 72401

All meetings mentioned in this newsletter are open to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the Craighead County Extension Office (870-933-4565) as soon as possible.
Spring Council Meeting
Set for April 15th

Members of the Craighead County Extension Homemaker Board met recently to make plans for the Spring Council Meeting on April 15th.

- The meeting will begin with registration at 9:30 a.m. at the Craighead County Extension office. Attendees are encouraged to wear EHC t-shirts or other red clothing.
- Hostesses for set-up will be from the Oak Grove EH Club. Clean up duties will be handled by Valley View Modern EHC Club.
- The menu for the event will be a potato bar and desserts. The Council will provide baked potatoes and drinks. Each club has committed to bringing toppings. Each club is also asked to bring two desserts. (Smaller clubs with 5 members or less may bring one dessert.)
- Floral arrangements are being provided by the EHC Centennial Planning Committee.
- Craighead County EH Council officers will be elected.
- Members are encouraged to bring items for the silent auction.

Save the Date!

Craighead County Extension Homemakers will be celebrating 100 years with a special Centennial Event on June 14th at the Craighead County Extension office. Members of the planning committee made centerpieces that will also be used for Spring Council.

Centennial T-Shirts Available

The following EHC Centennial t-shirts are left from the sale in September:

**V-Neck Short Sleeve:**
- One medium
- Two 2XL

**Crew Neck Short Sleeve:**
- One large
- Two 2XL

**Crew Neck Long Sleeve:**
- One XL

Contact Carolyn Thompson, t-shirt chair for more details.

Important Dates to Note

*All meetings will be held at the Extension office unless otherwise noted.*

April 15 – Spring Council meeting
June 7-9  AEHC State meeting in Hot Springs
June 14 – Centennial Event