I hope to see you on Thursday, June 14th as we celebrate Learning, Leading and Lending a hand in Craighead County!

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.

You’re Invited to “Win with Wellness”

The Family and Consumer Sciences department of the University of Arkansas – Division of Agriculture is offering an outstanding “Win with Wellness” workshop on July 29th at the Arkansas Northeastern College in Blytheville. The list of presenters makes this an outstanding opportunity! Check out the flier in this edition of Connections. Deadline for registration is July 15th.
Program Announcements for Extension Homemakers & the Community

Congratulations!

New Face at the Extension Office

Tyler Brown was recently hired to serve as Regional Program Associate for the Arkansas Healthy LIFE grant initiative conducted in Craighead and Monroe counties. He is currently housed at the Craighead County Extension office and is pleased to be working with the Craighead County staff on a project to bring increased access to healthy foods and physical activity.

Tyler and his wife, Michelle, are expecting their first child in early August.

Jerrie Nelson, educator with the Craighead County Expanded Food and Nutrition Education program and member of Oak Grove EHC recently completed requirements for the National Nutrition Certification Program, Tier I through the Utah State University Extension service. Though Jerrie has only worked with Extension 15 months, she is already establishing herself as a leader in the EFNEP program. Congratulations, Jerrie!

100 special invitation postcards have been ordered to allow EH clubs to invite guests to the 100th Anniversary event on June 14th. These will be available by June 1st. The county council will be sending some out to elected officials and former county EHC officers however there should be enough for each club to invite some special guests who might not see other promotional media.
WIN WITH WELLNESS
BRIGGS-SEABAUGH WELLNESS CENTER
ARKANSAS NORTHEASTERN COLLEGE, BLYTHEVILLE

JULY 29, 2016

Keynote Large Group session:
Drums Alive Master Trainer
Presentation: Hachya, Faithfully Fit, nationally renowned fitness trainer/presenter

Afternoon Large Group session,
close out: Deskercise! Routines with Dr. LaVona Traywick

Lunch large group session:
How to be a Health and Wellness Volunteer-Dr. Lisa Washburn

WINNING MEANS DOING BETTER THAN YOU’VE DONE BEFORE

Breakout sessions on fitness/exercise sessions:
- Tai Chi-Joanne Zeitzer
- Chair Yoga - Lauren Copeland & Dr. Lisa Washburn

Breakout sessions on Health/wellness topics:
- How to Talk to Your Doctor-Dr. LaVona Traywick
- Evaluations of Resiliency and Emergency Preparedness in AR-Dr. Charleen McNeill
- Sports Nutrition - Dr. Serena Fuller
- Mindfulness - Terrie James, FCS Agent
- Family Life Session - Dr. Brittany Shrick
- Diabetes - Kyra Langley, ANC
  Allied Health & Nursing Instructor

Register Online at
FORMS.UAEX.EDU/WWW

University of Arkansas System Division of Agriculture is an equal opportunity/affordable access/affirmative action institution. If you require reasonable accommodation to participate or need materials in an alternate format, please contact your UAF offices as soon as possible. Dial 711 for Arkansas Relay.
Craighed County Wellness Challenge  
for Youth & Families

JUMPSTART YOUR WEEKEND

Every Friday in June 5:30-7:00 p.m.

Families & youth are invited to a healthy living program sponsored by

Craighed County 4-H and EFNEP*

Activities will be held at:

Craighed County Extension Office (same building as Health Dept.)
611 E. Washington Ave., Suite A
Jonesboro, AR 72401

For more information email Maleigha Cook (mproffitt@uaex.edu) or Jerrie Nelson (jnelson@uaex.edu) or call (870) 933-4565

*EFNEP (Expanded Food & Nutrition Education Program)