

Healthy Living Lunch and Learn Series

Join us for this free four-class series that will focus on timely topics each month. All classes will be virtual and offered on Zoom.

Back to School in the Age of COVID	Living in the Present Moment	Holiday Gift Giving on a Budget	Healthy Eating During the Holidays
September 22 12pm – 1pm	October 20 12pm – 1pm	November 17 12pm – 1pm	December 15 12pm – 1pm
<ul style="list-style-type: none"> • Recognize the signs of stress and anxiety in children. • Learn how to support your kids as they return to school, as well as throughout the school year. • Explore multiple strategies and skills to support their emotional and mental health. 	<ul style="list-style-type: none"> • Discover what mindfulness is and what it means to be in the moment. • Gain a deeper understanding of the mind-body connection. • Practice several mindfulness activities you can incorporate into your routine. 	<ul style="list-style-type: none"> • Learn how to set a budget for the holiday season. • Discover ideas for making low-cost presents for everyone on your list. • Explore low-cost ideas for other celebrations throughout the year, such as birthdays and anniversaries. 	<ul style="list-style-type: none"> • Explore new strategies to stay healthy and thrive during the holiday season. • Discover healthier alternatives to traditional holiday foods and treats. • Examine the principal of moderation and how to incorporate holiday foods into a healthy lifestyle.
Register by 9/20	Register by 10/18	Register by 11/15	Register by 12/13

You can register for individual classes or for the whole series at: go.osu.edu/healthylivingseries

Presented by:

Laura Halladay, Family and Consumer Sciences Extension Educator, Greene County
 Kellie Lemly, Family and Consumer Sciences Extension Educator, Champaign County
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 Laura Stanton, Family and Consumer Sciences Extension Educator, Warren County

