

Family & Consumer Sciences Workshop

**Tuesday,
February 27, 2018**

**10:00 AM
To
2:15 PM**

**SOUTHEAST AREA
K-STATE RESEARCH AND
EXTENSION FACILITY
400 HWY AND 32ND RD.
(NESS ROAD)
PARSONS, KS 67337**

Snow Date:

Thursday, March 1, 2018
(Used if Parsons USD 503
Schools are closed on Feb 27.)

For More Information call:

CR County 620.724.8233
LB County 620.784.5337
MG County 620.331.2690
WL County 620.378.2167



Classes:

10:00 AM Family Dance

Shared by Kylie Ludwig

This program aims to build family relations and increase health and physical activities of families with young children through learning dance, as well as sharing parenting strategies and advice.

11:15 AM Alzheimer's 101

Shared by Tara Solomon-Smith

This lesson will help us understand Alzheimer's, the 10 warning signs, benefits of early detection and steps to better brain health.

1:15 PM Healthy Cooking Styles

Shared by Barbara Ames

This lesson explores different cooking styles and how they affect the energy in our food.

Attend one or two classes. Or, bring a sack lunch and plan to spend the day.

K-State is an equal opportunity provider and employer.