

Make plans to join us for

# Holiday Happenings



**When:** Tuesday, November 27, 2018, 10:45 am

**Where:** Courthouse Basement

615 Madison St Fredonia, KS 66736

## Programs:

### “Easy Meals For Two or Just For You”

**Shared by Barbara Ames**

*Family and Consumer Science Agent, Wildcat Extension District*

Sometimes cooking for one or two people can be difficult. It may seem like it's not worth the trouble. However, eating nutritious meals is one of the best things you can do for your health; and it doesn't have to mean hours in the kitchen preparing recipes.

Join us to learn how some prior planning, wise shopping, and a bit of creativity can help you get easy, tasty, and nutritious meals on the table in minutes.

### “Mindful: Mind, Body, and Strength”

**Shared by Tara Solomon-Smith**

*Family and Consumer Science Agent, Wildcat Extension District*

We all have the innate ability to be present, composed, and to pause before we overreact to the challenges of our busy lives—and that's the ground of mindfulness. With some guidance and training, mindfulness can develop into a way of living that brings greater focus and effectiveness as well as kindness and caring into everything we do. Both science and experience demonstrate how being mindful brings positive benefits for our health, happiness, work, and relationships. Simple mindfulness exercises will be introduced that can be incorporated into everyday living. We will also go through a mindful activity with some take home reminders of what is most important to you!

**Bring a friend and join us for fun, food and information:**

**\*Ideas for easy meals.**

**\*Easy recipes for holiday gatherings.**

**\*Samples of some of the recipes**

**\*Ideas for holiday gift giving.**

**\*Door Prizes.**