

For more information, contact Debbie Steed  
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## **Supporting Wellness in the Wildcat District: Meet Debbie Steed**

My name is Debbie Steed, and I've had the privilege of working in the Wildcat District for the past five years. I recently stepped into a new role as a Health and Nutrition Program Assistant in the Independence office. In this position, I support Family and Consumer Science agents by helping implement, organize, and enhance a variety of community-focused programs.

I am certified to teach the Stay Strong Stay Healthy program to our older adults, a program designed to improve strength, balance, and overall wellness. I also have recently participated in a training on canning and food preservation, which I am personally interested in.

I love spending time outdoors. Hiking and gardening are two of my favorite ways to unwind and stay connected to nature. I also cherish any time I get to spend with my family; they are a big part of what keeps me grounded and motivated.

I look forward to continuing to make a positive impact on the health and well-being of individuals and families throughout the district.

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