

GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better

Missed a Webinar? visit our [Youtube channel](#) for recorded webinars



Certified Food Protection Manager Course

November 30, December 1 & 3 - 9:00 - Noon

Testing on December 4 - 9:00 - Noon OR 1:00 - 4:00 PM

This online course will be held over a period of three days, with the exam given in-person on the fourth day. Participants must be present for all three days to be eligible to take the exam. This course will be taught using Zoom, and participants will need a web-camera.

AUTUMN HEALTH PICKS WEBINAR SERIES



Using Exercise to Maintain Health Across Lifespan - **October 21- Noon**

Learn about the current physical activity guidelines for all ages and how they can be beneficial for you.

Fermented Foods - **October 28- Noon**

Join us and learn how to run some experiments in your own home and understand what the science really says these foods can do for you.



MANAGING DIABETES IN A MODERN WORLD:

Choose It, Count It, Eat It: **October 21- 10:00 AM**

Learn about meal planning tools and counting carbohydrate servings. Take away research-based information and resources to help you stick to your meal plan.

Making The Most of Your Diabetic Resources: **October 28- 10:00 AM**

Learn about meal planning tools and counting carbohydrate servings. Take away research-based information and resources to help you stick to your meal plan.

Get Saavy - Budget Hacks

October 21- Noon

If you're looking for new ways to manage your money mess, we have the budget hacks for you! Learn how to take what we know about human behavior and choices to build better financial habits.



Happy Healthy Providers Webinar Series - Resiliency During Difficult Times

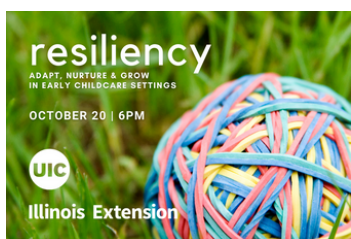
October 20 - 6:00 PM

For overwhelmed and fatigued childcare providers, finding fulfillment and meaning in work can be a struggle. Learn the characteristics that can help create opportunities from challenges and how you can nurture and strengthen your resilience.

Healthy Habits

October 27 - 6:00 PM

Learn strategies that early care and education center staff can use to support children and their families in developing a foundation of healthy habits that last a lifetime.



resiliency

ADAPT, NURTURE & GROW IN EARLY CHILDCARE SETTINGS

OCTOBER 20 | 6PM



Illinois Extension



Discover Caregiving Relationships

CHANGING RELATIONSHIPS

Changing Relationships

October 22- 6:30 PM

Identify and understand the relationship changes that can develop among family members, successful long-distance caregiving, and the need for family support.

Care For Couple Relationships

October 29- 6:30 PM

Learn about challenging situations to couple relationships and techniques for maintaining your special bond and relationship dynamic.



Teacher Tuesdays

ILLINOIS EXTENSION

Fall 2020

5 - 6:30 p.m

October 6

October 27

November 10

December 1

go.illinois.edu/TeacherTuesdays

Teacher Tuesdays

October 27, November 10 & December 1 - 5:00 PM

Teacher Tuesdays events traditionally offer monthly networking and professional development opportunities to educators throughout the region. These events foster peer-to-peer support while building a learning community around STEAM education in our area.