



Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
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Mastering Wellness Year-Round

Kristin Bogdonas, Illinois Extension Nutrition and Wellness Educator

As we usher in the new year, it's an opportune moment to craft effective strategies for maintaining a healthy lifestyle throughout 2024. Let's delve into the six strategies that can help you transform resolutions into enduring habits

Set Realistic Goals

Embarking on a journey toward a healthier lifestyle begins with the establishment of realistic and achievable goals. Shifting away from vague resolutions, it's crucial to break down objectives into Specific, Measurable, Attainable, Relevant, and Time-bound (SMART) goals. For instance, rather than a generic "exercise more," consider setting a goal like "walk for 30 minutes every day." This precision not only clarifies your path but also paves the way for success.



Build a Support System

The impact of a supportive network cannot be overstated. Sharing your health and wellness goals with friends, family, or engaging with a community sharing similar objectives can make a significant difference. Beyond mere encouragement, a support system creates accountability, significantly increasing the likelihood of adhering to healthy habits.

Create a Consistent Routine

Consistency emerges as a vital element in maintaining healthy habits. Establishing a daily or weekly routine that seamlessly integrates your wellness goals is key. Whether it involves meal planning, workout sessions, or mindfulness practices, a consistent schedule simplifies the process of incorporating healthy habits into your daily life.



Celebrate Small Wins

Every journey towards better health comprises numerous small victories. It's essential to celebrate these successes, irrespective of their scale. Acknowledging and rewarding yourself for achieving milestones along the way serves as a powerful motivator. Remember, the cultivation of healthy habits is a journey, and every step forward is a triumph worth celebrating.



Adapt to Challenges

Life's unpredictability guarantees that challenges will arise. Rather than viewing setbacks as failures, consider them opportunities for learning and adaptation. Identifying potential obstacles and devising strategies to overcome them is essential. A flexible approach will empower you to navigate the inevitable ups and downs of your wellness journey.

Mindful Self-Care

Amidst the hustle and bustle of daily life, it's crucial not to neglect self-care. Allocating time to recharge your mind and body is essential. Whether through meditation, pursuing a beloved hobby, or simply taking a break, moments of self-care contribute significantly to overall well-being.



In conclusion, prioritize progress over perfection. Set realistic goals, cultivate a strong support system, establish a consistent routine, celebrate small wins, adapt to challenges, and embrace mindful self-care.

By incorporating these strategies, you can ensure that your wellness journey is not just a fleeting resolution but a sustained, positive transformation.



**Jan. 11, 1 PM:
New Invaders: Spotted
Lanternfly | Everyday
Environment Webinar Series**



Register at go.illinois.edu/EverydayEnvironment. Help keep invasives out of Illinois. Spotted lanternfly is the newest “unwanted” invasive pest in Illinois. Learn how to identify and report this invasive insect as well as how to manage it and prevent further spread. Tricia Bethke from The Morton Arboretum will explore why monitoring for spotted lanternflies in winter is important and how you can help report invasives with early detection and rapid response.



Stretch your roots this winter with Four Seasons Gardening webinars

Seasons come and go, but home gardening never stops. Explore how to keep your green thumb this winter with Four Seasons Gardening webinars. Here’s what’s planned:

Native Seed Starting for Spring Planting | Jan. 23

Native plants are adapted to grow and survive in all types of Illinois weather, knowing how they grow will help you learn how to start native seeds for your own garden. Winter sowing is a technique used to save money and easily grow your own plants. Learn techniques to grow even some of the trickiest plants with limited space and no specialized equipment.

Insects to Know: Spotted Lanternfly and Periodical Cicadas | Feb. 12

In 2023, the first spotted lanternfly in Illinois was identified in Cook County. In spring 2024, a large brood of periodical cicadas is set to emerge in Northern Illinois, making it a big year for insects. Learn about the biology of these insects and what their arrival means for gardeners and farmers.

Rain Garden Essentials: Design, Build, Plant | March 5

Discover the power of rain gardens, which act as nature’s filter by slowing stormwater runoff, reducing soil erosion, and relieving strain on stormwater systems. Gain insights into the principles of rain garden construction and design, ensuring that your garden not only enhances the beauty of your space, but also contributes to the health of the environment.

Illinois Extension educators and specialists Jamie Viebach, Kacie Athey, Chris Enroth, and Andrew Holsinger will lead the series.

Find more information and sign up for sessions at go.illinois.edu/FourSeasons

In a Stressful Season, Seek Nature

Amidst the chaos of the season, let’s turn our attention to the therapeutic benefits of nature – a universal remedy for all seasons.

The evolving body of research underscores the year-round advantages of embracing the great outdoors.

Time spent in nature proves to be a potent stress-reliever, reducing the risk of chronic diseases. Exposure to natural sunlight contributes to the production of vitamin D, fostering improved bone health, immune function, elevated mood, and resilience against heart conditions and stroke. Nature’s influence extends beyond physical health. It can diminish symptoms of anxiety and depression while enhancing cognitive functions such as creativity, concentration, and problem-solving skills.

Outdoor activities can also offer valuable opportunities for strengthening social bonds. Connecting with nature in the company of others positively impacts mental health and well-being. As temperatures drop the temptation to hibernate sets in. But take note- research suggests that even just 5 minutes outdoors can yield notable health benefits. For substantial improvements, studies recommend a minimum of two hours per week immersed in nature.

The consistent message remains: prioritize time in nature, especially during stressful seasons. So grab a friend, bundle up and head outside!

Adapted from a Good Growing article by Illinois Extension horticulture educator [Emily Swihart](#)

Bald Eagle Days | QCCA Expo Center Jan 5 - Jan 7, 2024 | Rock Island, IL



Come see us at Bald Eagle Days 2024! This annual event offers fun for all ages with lots of educational opportunities for the kids. Illinois Extension Master Gardeners will be there with a booth. This year's event features: Incredible Bats, Birds of Prey, Big Run Wolf Ranch and Cold Blooded Parties! There are also Audubon Bus Tours on Saturday and Sunday to see the eagles in their natural habitat. Admission to Bald Eagle Days: Adults \$6 Kids 6-15 \$1 Kids under 6 Free For more information go to www.qccaexpoctr.com

Digital Pressure Canning Class Wed Jan 17, 10:30 am - Noon Wyoming Public Library

The new digital pressure canner is designed to simplify your canning experience. Join Kristin Bogdonas, Illinois Extension nutrition and wellness educator, as she demonstrates a digital pressure canner recipe.



Learn About:

- Differences and features of pressure canner vs traditional.
- How to safely use an electric pressure canner.
- Watch a canning demonstration.
- Participants will receive a canned vegetable and resources to use at home.

There is no cost to attend, but you must RSVP. Call us at 309-756-9978 or online at go.illinois.edu/DigitalCanner

Tips for Making Your Small Business a Success Jan 24: Noon - 1 pm | Free

Personal and professional finances often get mixed in the journey to becoming an entrepreneur. Learn about best practices to manage your finances while building your small business. Register at go.illinois.edu/getsavvywebinars



4-H Career Club Online Series Register by Jan 12 | Starts Jan 24



Wouldn't it be motivating to develop skills and knowledge in career exploration now as a teen? You can with 4-H Build Your Future Career Club! Explore and connect with educators to learn about careers, goal setting, applications, interviewing, social media footprint, and a road trip to the U of I campus. Students in 6th - 12th grades can partake in this virtual club on the second and fourth Tuesdays Jan 23 to April 9, 6:30 - 7:30 pm.

Enrollment includes the Build Your Future career journal. \$20 for new 4-Hers; no fee for current members. **Register by Fri, January 12 at go.illinois.edu/careerclub.**

Questions? Contact [Jennifer Petersen](mailto:Jennifer.Petersen@illinois.edu), 4-H Educator at 217-300-7348.

4-H Road Trip to University of Illinois, Urbana Sat. March 9, Illini Union



Attention Illinois 8th-12th graders and parents - Join us for an exciting day of exploration and inspiration! Road Trip: College and Career Day on March 9 is a fun filled day conference for youth planning to be college bound. Explore workshop topics related to College and Career Readiness and State 4-H opportunities. The fee is \$35 (covers lunch, supplies, and activities). Register by Feb 9 at go.illinois.edu/4HRoadTrip

Nursery School: Lessons in Gardening

Sat, February 10 | 8 am - 3 pm
The Vibrant Arena at the Mark
1201 River Drive, Moline, IL

Illinois Extension and our Master Gardeners invite you to get inspired and grow in your horticultural knowledge at the Quad Cities' premiere gardening symposium! Experts lead workshops on a variety of topics for the home gardener.



Tickets are \$70 from Jan 6 - Feb 5, 2024 Register in advance—no walk-ins. Registration includes morning coffee and rolls, keynote session, taco bar lunch, 3 additional classes, and access to the Nursery School vendor area.

Register by Feb 5 at go.illinois.edu/NurserySchool2024



Event Highlights:

Connect with Renowned Horticulture Experts

- Immerse yourself in a day of knowledge-sharing with experts. Gain insights, ideas, and inspiration to transform your gardens.

Keynote: "This isn't your Grandparents Garden Weather"

- Explore the effects of our changing weather and its profound impact on our gardens with a captivating presentation from Illinois Extension State Master Naturalist and Climate Change Specialist, Duane Friend.

Tailored Learning Experience

- Get practical knowledge you can use! Customize your day by choosing 3 more sessions from a diverse selection of offerings, ensuring there's something for every interest.

Workshops, Lunch, Shopping and More!

- Start off with morning coffee and rolls, shop the garden vendors, learn from experts, enjoy a taco bar buffet (included), visit with fellow gardening enthusiasts.

Winter Wellness Family Event

Sat, February 17, 10 am - 1 pm

Watch Tower Lodge Black Hawk Park, Rock Island, IL

Join us for the 3rd annual Winter Wellness Event in collaboration with Black Hawk State Historic Site, focusing on Blue Zones Wisdom. Explore lessons from longevity regions and enjoy activities like creating your own Mediterranean Bowl, engaging in crafts, and learning about heart-healthy practices.

Visit interactive stations for eco-friendly tips and nutrition insights. Kids can enjoy activities, and everyone has a chance to win a Mediterranean Bowl Kit. Capture memories at the selfie station and explore history at the Hauberg Museum. It's a perfect winter day of well-being and discovery!

Get details at go.illinois.edu/WinterWellness

