



2024 Family & Consumer Science Conference

March 7, 2024

Shawnee Community College L-Atrium

Parking: Left - around the back

7:45 a.m. – 1:30 p.m.

Schedule

7:45-8:45 am	Registration
8:45-9:00 am	Welcome
9:00-9:50 am	Workshops
10:00-10:50 am	Workshops
11:00-11:50 am	Workshops
12:00 pm	Lunch by <i>The Kitchen on Lafayette</i>
12:30 pm	Keynote – Marsha Griffin, Senior Community Outreach Liaison, Office of Illinois Attorney General
1:00 pm	Door Prizes, Closing Remarks

Please register by returning the form with \$10 by March 1.

Mail to & make **check payable** to: U of I Extension

P.O. Box 158, Vienna, IL 62995.



go.illinois.edu/FCScconference



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Name: _____

Address: _____

City: _____ Phone: _____

Circle one under each time

9:00 a.m. – 9:50 a.m.
NAVIGATING CHANGE AS WE AGE by Robin Ridgley, Family Life Educator ~ BOOST YOUR BRAIN POWER by Kris Juelfs, Nutrition and Wellness Educator ~ FINANCIAL EMERGENCY PREPAREDNESS FOR OLDER ADULTS by Emily Harmon, Family & Consumer Science Educator

10:00 a.m. – 10:50 a.m.
COOKING FOR ONE OR TWO Kris Juelfs, Nutrition and Wellness Educator ~ ESTATE PLANNING 101: KNOW THE BASICS by Emily Harmon, Family & Consumer Science Educator ~ HAPPY HACKS FOR MORE POSITIVITY & IMPROVED WELL BEING by Robin Ridgley, Family Life Educator

11:00 a.m. – 11:50 a.m.
FINANCIAL EMERGENCY PREPAREDNESS FOR OLDER ADULTS by Emily Harmon, Family & Consumer Science Educator ~ SIMPLIFY YOUR LIFE BY DECLUTTERING by Robin Ridgley, Family Life Educator ~ BOOST YOUR BRAIN POWER by Kris Juelfs, Nutrition & Wellness Educator

Please return to your county Extension office or mail to P.O. Box 158 Vienna, IL 62995
Thank you for your timely reply!