



**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  
Mon-Fri. 8am - 4 pm

Visit our website: [extension.illinois.edu/hmrs](http://extension.illinois.edu/hmrs)

**Holiday office hours: Closed Mon. Dec 23 - Wed Jan 1, 2025.**  
**Regular hours resume Thur. Jan 2, 2025**

## Time to Thrive in 2025

*Kristin Bogdonas, Illinois Extension nutrition and wellness educator.*

As we step into 2025, it's the perfect moment to focus on holistic well-being. Thriving in the new year means embracing a balanced approach to physical, mental, and emotional health. Let's embark on this journey together and make intentional choices that nurture our body, mind, and soul. Here are some practical wellness tips to help you flourish:

### Prioritize Mental Health

- Practice mindfulness through meditation or journaling to reduce stress.
- Limit screen time to reduce digital fatigue and foster healthier relationships with technology.

### Embrace Physical Fitness

- Commit to daily movement, whether it's yoga, walking, strength training, or dancing.
- Incorporate "exercise snacks"—short bursts of activity throughout your day.
- Focus on flexibility and mobility exercises to enhance longevity and prevent injury.

### Optimize Nutrition

- Eat more whole, nutrient-dense foods like fruits, vegetables, and lean proteins.
- Stay hydrated; aim for at least 8 glasses of water a day.
- Embrace sustainable eating habits, such as reducing food waste and choosing local or plant-based options.

### Build Resilient Habits

- Establish consistent sleep routines by going to bed and waking up at the same time daily.
- Practice gratitude—write down three things you're thankful for each day.
- Create boundaries to protect your personal time and energy.

### Foster Connections

- Spend quality time with loved ones and cultivate meaningful relationships.
- Join a community group or volunteer to deepen your sense of purpose and belonging.
- Schedule regular "unplugged" time to be present with those around you.

### Engage in Lifelong Learning

- Explore new hobbies, attend workshops, or read books to keep your mind sharp.
- Stay curious and challenge yourself to step outside your comfort zone.

### Practice Sustainability

- Spend time in nature to rejuvenate your spirit and improve overall well-being.
- Align your lifestyle with eco-friendly practices, such as reducing plastic use and conserving energy.



# YOUR GARDENING STORY STARTS HERE!

# NURSERY SCHOOL

## LESSONS IN GARDENING

**SATURDAY  
FEBRUARY 22  
8 AM – 2:30 PM  
VIBRANT ARENA  
MOLINE, IL**

**DOWNLOAD A NURSERY SCHOOL BROCHURE WITH ALL THE DETAILS**

Turn the page on winter and dive into a day of gardening inspiration when you join us at Nursery School, Sat, February 22 at the Vibrant Arena in Moline, IL. Experts are ready to help you author your garden's next chapter. From practical advice to creative ideas, you'll gain the knowledge to grow your gardening story to new heights.

### **Kickoff Keynote – 8:45 AM | Pollinators**

Start your day with "**Perfectly Paired: Plants, Pollinators, & You**" by Emily Swihart, Illinois Extension Horticulture Educator, who will unveil the essential connections between plants and pollinators.

### **Tailored Learning, choose one topic each session**

– 10 AM Session: (choose one)

- **Plan Your 2025 Garden: New Plants for Current Trends**  
*Kate Terrell, President of Wallace's Garden Center*
- **Honey and Health: Nature's Sweet Treat**  
*Kristin Bogdonas, Illinois Extension Nutrition and Wellness Educator*
- **Jumping Worms: Identification, Impact, and Prevention in IL**  
*Chris Evans, Illinois Extension Forester*

– 11:15 AM Session: (choose one)

- **Tapestry Farms: An Urban Farm System in the QC**  
*Ann McGlynn, Executive Director of Tapestry Farms*
- **Elevate Expectations with Raised Bed Gardening**  
*Ken Johnson, Illinois Extension Horticulture Educator*
- **The Enchanting World of Dragonflies and Damselflies**  
*Amy Loving, Director of Education at Nahant Marsh*

### **Midday Break – Lunch, Shopping, and Networking**

Enjoy a taco bar buffet (included) and visit unique garden vendors. Complete your "Nursery School library card" by visiting the vendor booths for a chance to win a gift basket to be given away during the closing keynote.

### **Closing Keynote – 1:15 PM | Landscape Design**

Conclude your day with the final session on Landscape Design, led by Nancy Kreith, Illinois Extension horticulture educator, who will inspire you to craft stunning and sustainable outdoor spaces.

**Register at: [go.illinois.edu/NurserySchool2025](https://go.illinois.edu/NurserySchool2025)**

**SAVE with Early Bird Registration: \$60 (through January 31)**

Standard Registration: \$70 (Feb 1 - 15)

Download a brochure with all the details at [go.illinois.edu/NSbrochure](https://go.illinois.edu/NSbrochure)



**Connect with experts and grow in your gardening knowledge!**



**Morning coffee and rolls and a taco bar lunch are included.**



**Shop unique items from a variety of garden vendors.**

**Are you a vendor with garden-related items or services? Join us at Nursery School to connect with gardeners! Sign up at [go.illinois.edu/NSvendor](https://go.illinois.edu/NSvendor)**





## Take Charge of Your Health Webinar Series 2025 Six Thursdays: Jan 9 to Feb 13, 1 - 3:30 PM

Living with chronic diseases such as arthritis, diabetes, and heart disease can be challenging, but there are tools to help you thrive, not just survive. This webinar series offers practical strategies for managing pain and fatigue, making informed decisions about nutrition and exercise, learning about treatment options, and improving communication with healthcare professionals and loved ones.

The webinars will be held weekly for six weeks, with each session lasting 2.5 hours from 1 to 3:30 pm, including a built-in break. The sessions are scheduled for January 9, 16, 23, 30, and February 6, 13.

Topics covered include appropriate exercises for maintaining and improving strength and endurance, falls prevention, healthy eating, better breathing techniques, and the appropriate use of medication.

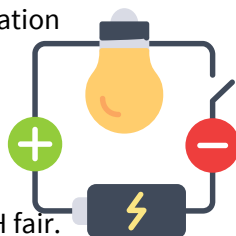
Participants will also learn how to work more effectively with healthcare providers, communicate with friends and family, and navigate the healthcare system. Additionally, the series will cover action-planning, problem-solving, and decision-making skills.

This evidence-based program requires full attendance and is designed for individuals aged 18 and older living with chronic conditions. The series is free, but registration is required at [go.illinois.edu/Winter2025TakeCharge](https://go.illinois.edu/Winter2025TakeCharge).

## Exploring Electricity Workshop with 4-H Sat. Jan 25, 10 am - Noon, IL Extension, Milan, IL

The Rock Island Count 4-H Teen Federation is hosting a hands-on workshop for youth ages 8 to 18 to learn the basics of electricity, including how circuits work and the role of conductors and insulators. They'll also create a project that can be entered at their 4-H fair.

Registration Fee: \$5 per family (fee waivers available)  
Sign up at [go.illinois.edu/ElectricityWorkshop](https://go.illinois.edu/ElectricityWorkshop)



## Series to Teach Proper Care Techniques to Lengthen Lifespan of Illinois Trees

Trees are essential to our environment, providing numerous benefits such as improved air quality, reduced stress, and enhanced personal comfort. Proper maintenance is crucial to ensure their longevity and the health of urban forests. Illinois Extension's Community Tree Care Series offers valuable training on tree basics, identification, health assessment, and pruning, empowering you to make a positive impact on your community's green spaces.

The series includes six winter webinars from January to March, covering topics like site selection, planting, tree health, and pruning. Sessions are \$10 for general access and \$50 for CEUs. Registration is required. Sign up at [go.illinois.edu/TreeCareSeries](https://go.illinois.edu/TreeCareSeries).

### Webinar dates:

- Jan. 15: Site and Species Selection
- Jan. 29: Planting Practices
- Feb. 12: Tree Identification
- Feb. 26: Stressors
- March 12: Pruning Methods
- March 26: Diversity and Advocacy

Each session ends with a discussion of tree health issues based on attendee-submitted photos. In-person workshops will follow in fall 2025.

## Magical Muggles 4-H Club Hosting FREE Community Meal, Monday, Jan 27 from 5 - 7 PM at Bethel Wesley UMC, 1201 13 St. Moline

The Magical Muggles 4-H club invites the public to enjoy a free meal and fellowship together with them at Bethel Church in Moline, IL  
**All are welcome! See you there!**



# Join us for the perfect winter day escape into health and wellness!

University of Illinois Extension and Black Hawk State Historic Site  
invite you to our 4th annual

## Winter Wellness Event

Sat, February 8, 10 am - 1 pm


Watch Tower Lodge, Black Hawk Park  
1800 46th Ave. Rock Island, IL

Join us for a day of wellness, discovery, and fun!




Take a break from screens and connect with nature, creativity, and community.

### Event Highlights:

 **DIY Food Creations** – Make delicious pancakes and pizzas and choose your own healthy toppings.

 **Hands-On Crafts** – Explore your creative side with fun make and take projects.

 **Youth-Focused Games** – engaging activities that make learning about health and nutrition fun for kids from AOK and SNAP-Ed.

 **Haugberg Museum** – Discover the story of the Sauk and Meskwaki people.

 **Nature Walks** – Explore the beautiful grounds at Black Hawk Park.

 **Master Gardener Booths** – Get tips on gardening, nature, and birdwatching.

 **Information Booths and Wellness Checks** – Illinois Extension and partner agencies will have great information on health and wellness to share.

### Why "Unplugged"?

This year, we're encouraging participants to:

- **Reconnect** with loved ones through face-to-face interactions.
- **Recharge** mental health with mindfulness and outdoor activities.
- **Learn** ways to live healthier, more balanced lives.

## Admission is free, and all ages are welcome!

Don't miss this opportunity to enjoy wellness, creativity, and connection in a fun and supportive community atmosphere.

For more details, visit [go.illinois.edu/WinterWellness](http://go.illinois.edu/WinterWellness)  
or call (309) 756-9978

Special thanks Rock Island County Extension & 4-H Foundation for their support



Illinois Extension  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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