



August 2021

IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties



Small Actions, Big Impact

Fair is a huge deal to everyone of all ages. While our older members have several fairs under their belts, for our younger members it may be their first time. Our older members do an outstanding job of being good role models throughout the week - both in and out of the show ring. During the Cumberland 4-H fair, a staff member overheard a younger member ask her mom, "Mom will you put all my ribbons in my back pocket like the older kids are doing?" We never know who is watching, and how even the smallest of actions makes an impact.

Pictured: Lila

WITS FITNESS Returns to Coles County

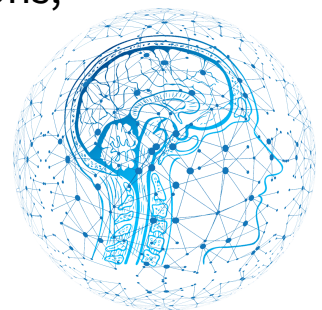
Join University of Illinois Educator Cheri Burcham each month as she leads participants through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain, so join Cheri in this fun and informative class! If you have any questions, contact the Extension office at 217-543-3755.

Classes held at:

809 Broadway Ave, Mattoon, IL

2:00-3:30PM

Second Mondays in 2021 (Unless a holiday) August 9, Sept 13, Oct 11, Nov 8

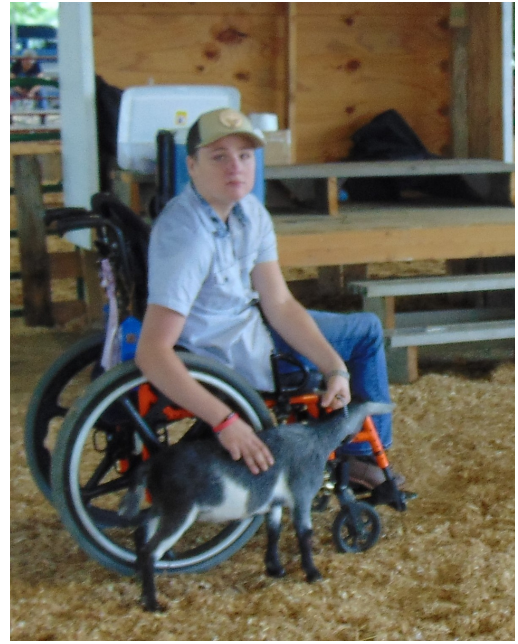


Moultrie-Douglas County 4-H Fair: Meet Miah and

Josh



Miah Voegel showed projects in visual arts, vegetable gardening, swine and rabbits. This is her first fair as a 4-H Member after being a Cloverbud for 3 years.



Josh Mathias has shown multiple projects through the years, but this year focused on woodworking, rabbits, and goats. This is his final year in 4-H after 3 years as a Cloverbud and 10 years as a 4-H Member.

SNAP-Ed with Charleston Parks and Recreation

Our SNAP-Ed team this year partnered with the Charleston Parks and Recreation Department to do cooking schools and nutritional programming with their summer camp. The participants got to make their own snacks, learn about MyPlate and play fun games to help them stay active.



Coles Office
217-345-7034

Cumberland Office
217-849-3931

**Moultrie and Douglas County
Office 217-543-3757**

Shelbyville Office
217-774-9546



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