
Tuesday, July 21, 2020 - SEMINARS - 2:00 - 3:00 pm

Cooking with Angela - Spaghetti All In One Dish

By Angela P. Forbes, MS, RDN, LD

Clemson, Regional Rural Health and Nutrition Agent

This will be a demonstration using a "typical" recipe/meal that most people prepare and show how they can simply add more fruits and vegetables to commonly eaten meals, recipes and dishes.

Controlling Hypertension

By Emily Moody

Clemson, Health Extension Agent

At this seminar we will discuss how to control hypertension, factors that increase your risk for hypertension, and why regularly taking your blood pressure is important.

Hemp and Hemp Derivates - Facts and Fiction

By Martin Ford

Ascent Naturals

We will discuss hemp, its differences from THC rich strains of cannabis, products available - full spectrum, broad spectrum, isolates, "THC-free", etc., and ways in which the products derived from Hemp can help you.

Think Outside the Box for Members

By Joyce W. Klutz

NVON Vice President

We will look at venues for potential members and ways that "actually work". Also, an introduction to "virtual clubs" for individuals that cannot attend meetings but join by the internet. Bring your ideas that work for your state.

Tuesday, July 21, 2020 - SEMINARS - 3:30 - 4:30 pm

Managing Diabetes

By Danielle McFall

Clemson Health Extension Agent

The Health Extension for Diabetes program is designed to provide participants with the knowledge and skills to manage diabetes along with the support needed to improve blood sugar. This workshop will provide participants with an overview of common questions and strategies related to managing diabetes.

Grab and Go Snacks

By Christine Patrick and Marlyne Walker

Clemson, Rural Health EFNEP Agents

Cost \$5

This workshop will teach you how to make quick and easy snacks.

Travel Tips, Safety and Planning with Personal Mobility in Mind

By Pat Weitzmann

NVON Secretary

We will discuss the latest Trends in travel for pleasure to include: Elements of a good 'Do It Yourself' or 'Travel Agency Prepared' Plan, Safety for yourself and property, Navigating check in and security checks, and Travel options for persons with mobility concerns .

Hosting A Smarter Potluck

By Karen Hill and Marilyn Watson

Kentucky Extension Homemakers Association

Is your potluck truly welcoming to guests with diabetes or heart issues? Is it easy to navigate by people with special dietary needs? Learn simple tips to make your potluck meals welcoming to almost everyone without eliminating a single dish.

Wednesday, July 22, 2020 - SEMINARS - 2:00 - 3:00 pm

What's In Your Wallet?

By Connie Lake
Clemson Extension

What should you keep in your wallet? This seminar will discuss the important documents you should take with you in your wallet. We will also look at the ones that should be left at home.

Moles, Voles, and Skunks...OH MY! Nuisance Wildlife Pest Management

By Andrew Jeffers
Clemson, Horticulture and Natural Resource Agent

We will explore how to identify what may be causing damage, and how to deal with those pesky little furry creatures....that EAT EVERYTHING! The talk will focus on Integrated Pest Management techniques including both lethal and non-lethal management strategies.

Protecting Pollinators and the Rest of the Greater Majority

By Ben Powell
Clemson, Pollinator & Invertebrate Conservation Specialist

A discussion of the importance of animal pollination, the current status of our pollinator community, and recommendations for protecting the critical services that pollinators provide.

Public Sculptures of Spartanburg

By Mary Snoddy
Hatcher Garden and Woodland Preserve

Spartanburg hosts bronze statues throughout the city and beyond. This program shares the stories behind the art, including artist information.

Wednesday, July 22, 2020 - SEMINARS - 3:30 - 4:30 pm

Easy Ways to Get More Physical Activity

By Shanna Sykes
Clemson, Health Extension Agent

We will go over some ways of incorporating more physical activity in our everyday life.

Volunteering in an International Setting

By Susan Hovey Walters
Retired Food Safety Educator

International fun! Sue and her husband volunteered for a 3-month stint in Berlin, Germany. She will show slides and talk about her work running the kitchen at a student coffee house.

Keys to Embracing Aging

By Karen Bell Fox and Cheryl Stewart
Arkansas Extension Homemakers Council

Learn healthy behaviors and choices that affect health and wellbeing. These behaviors and choices across the lifespan affect optimal aging. Learn how these behaviors and choices are integrated.

Feed FeFe, Help the Iron De'fish'ent

By Jane Chapman
Illinois Home and Community Education

Tired, pale, dizzy, short of breath, headaches, restless leg, loss of appetite? You could be iron deficient come and learn more about iron deficiency.