

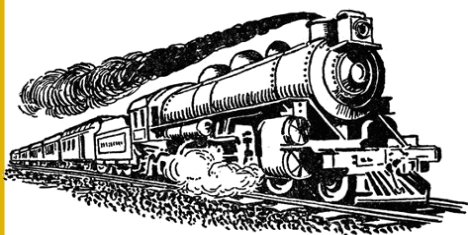
**Seminars**  
**Wednesday, July 19**

**2:00 p.m. — 3:00 p.m.**

**Railroads That Carved  
West Virginia**

*John Wickline*

When people think of West Virginia industries, thoughts turn to coal, timber, and steel. Included in this discussion will be the history of railroads in West Virginia, the role they played in the state's development, and how that role has changed in today's landscape.



**My Hometown Is Cool!  
Partner with Youth  
to Build Your Community**

*Lauren Prinzo and Dana Wright*

“The My Hometown is Cool!” project is a fun way to engage youth in building their home communities. Students in West Virginia have worked to implement a variety of projects including public. Attend this workshop to learn more about how this project has been implemented in West Virginia and how you can replicate it in your community!

**Perfectly Paired  
Wine and Food**

*Andi Hoover*

Participants will learn about different wines, wine tasting and how to pair food with wine to enhance the flavors. Sample 6-7 wines with food during class

**ALL THIS FOR \$5**



**3:30 p.m.– 4:30 p.m.**

**Understanding YOU  
to understand OTHERS:  
Personal perceptions on  
communities and culture**

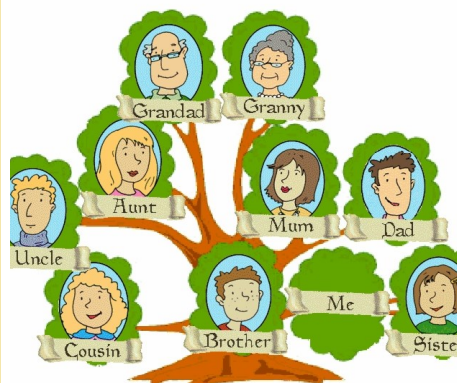
*Denis Scott & Tony Michael*

Have you ever wondered why similar people can see the world so differently? Come learn how our perceptions shape the world around us. Discern fact from fiction while discovering surprising clues about communities and cultures during this fun and engaging session.

**Basic Genealogy**

*Lorrie Wright*

Learn the basics of genealogy and find the value of preserving your family history.



**Tai Chi for Arthritis  
and Fall Prevention**

*Stephanie Lusk*

Tai Chi is an art and an exercise from ancient China. Tai Chi movements are slow and mindful, which gently stretch the joints and muscles of the entire body, strengthening them from inside out. In this workshop we will learn about the history of tai chi, participate in warm-up activities, and learn some basic movements to perform tai chi at home.

**Thursday, July 20**

**2:00 p.m.— 3:00 p.m.**

## **Teaching Appalachian Heritage Cooking to Children**

*Margaret Miltenberger & Kelly Hicks*

Workshop participants will increase understanding of Appalachian culture, its cooking and its recipes. Participants will increase in confidence in teaching Appalachian cooking to children.



## **Health Motivators**

*Gwen Crum & Cheryl Kaczor*

Learn how to incorporate a healthy mindset into any meeting. Health Motivators are a quick, 10-minute break that can help bring some variety and healthy moments to your meetings. Materials include a brief lesson, quick activity, and calendar with challenges to help incorporate those healthy habits at home.

## **Crazy Quilts**

*Zona Hutson & Eva Beto*

Crazy quilts are one-of-a-kind treasures representing a historically significant quilt-making style. Learn the history of these quilts and some of the stitches used to embellish them.



**3:30 p.m.— 4:30 p.m.**

## **Discrimination Simulation**

*Tim Sayre & Gina Taylor*

Participants will take part in a simulation to learn about the ways we inadvertently show discrimination towards others who are unlike ourselves through our body language.



## **Financial Literacy Key Things to Know for the Second Half of Life**

*Lauren Weatherford*

In this session we will discuss key elements of retirement and the end of life planning after age 50. What type of options are available and the basics of planning for your family? The session will include information, open discussion and resources.

## **Self Defense for Seniors**

*Dave Roberts*

This presentation is designed to discuss a good tactics that older adults can learn in order to protect themselves.

