



Planting Many Seeds . . . Embrace Change!
2024 NVON Conference
Educational Seminars

Wednesday, July 17 2:00—3:00 pm

**Pollinators, Mental Health
and Gardening**

Karen Bell Fox NVON VP – 2021-23
Dot Hart, NVON VP – 2024-26

Be a steward of our pollinators *BEE CAUSE Pollinators Feed the World*, take care of yourself mentally and physically by gardening. You will learn all is doable by being active participators in this fun filled and educational workshop.



Dancing for the Health of It



WVU Extension Agents
Andi Hoover, Greenbrier Co.
David Roberts, Lincoln Co.

Dancing generally makes people feel better, mind, body, and spirit!

This class explains how dance can make you stronger physically and mentally.

Participants will learn 4-5 different dances and have a great time!

**Health by Design:
Watermelons**

Michelle Estrada, NC State
Extension Agents – Wayne County

Join us for a fun and educational session! In this class, you'll have the opportunity to paint a watermelon canvas while learning about local foods. We'll provide all the necessary supplies and even give you educational resources to replicate this class in your county.

Limited 24 Cost \$8



Wednesday, July 17 3:30—4:30 pm

**Mindful Movement
Qigong for Longevity and
Aging with Grace**

Marga Fripp

Developed in China thousands of years ago as a form of medicine, Qigong combines gentle movements, breathwork, and intention to cultivate life-force energy within the body, mind, and spirit, improve and sustain health, and promote healing and longevity.

Anyone, at any age, can practice QiGong and the benefits are visible from the beginning. All skill levels are welcome! No mat is needed

Come as you are and leave relaxed, energized and connected.

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**Learning Companionships;
An Intergenerational
Adventure**

Gina Garcia-somuk – NC State
Extension Volunteer Coordinator
Carlos Moses – NC State
Extension Program Specialist

Crosby, Stills, Nash and Young had it right! “Teach Your Children Well” was the song - and learning from one another was the message. Travel with us through time to remember what we loved to learn as youth, how we loved to learn it - and who we loved to learn it with. What makes us the same – and what kind of spice does each generation add to the gingerbread? Experiential in nature – be prepared to be creative.

Thursday, July 18 2:00—3:00 pm

Photography

*John Wickline,
WVU Extension Program Assistant*

Tips offered on how to improve the class participants' photo skills, answering questions they have about their phone cameras or other cameras. Learn specifics in taking pictures of landscapes, flowers, and action. You could also do some hands-on work taking photos around the grounds as time allows.



Salads, Salads, Salads!

*Margie Mansure,
NC STATE Extension Agent*

Even though most of us have been eating salads our entire lives, hopefully, you will learn or at least taste something to enrich your day.

Come learn different salad types and what dressing goes with what salads.

Perfectly Paired Food and Wine

*Andi Hoover
WVU Extension Agent
David Roberts
WVU Extension Agent
Kerri Carte
WVU Extension Assistant Director*

Learn basic wine tasting techniques, different wines from red to white/ sweet to dry, and how varieties pair with different foods. A small sample of wine and food will be available.

Limit 25 - \$8



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Communicating and Leading with Vision

Peggie Garner, NCECA State Advisor

A vision is your big picture of the way things ought to be. It is your billboard image of what you are working towards. The more a vision reflects what you really think and care about, the more powerful it will be. People will be more likely to respond to your message if they see you care about an issue.

Rice Life 101

*Deb Teague
Arkansas Extension Homemakers
President*

Learn about how and where rice is grown and its many uses.

Rice

