

LEARNING & SHARING NEWSLETTER

Dear friends:

Dear friends this is the first newsletter of the year that we are sending, you will receive it every three months. In the newsletter **Learning & Sharing** you will find useful information for all the family, enjoy.

FOR PARENTS:

Children and Stress (pdf) Georgia Extension

To view this article go to:

www.extension.iastate.edu/woodbury >> Home and Family >> Children and Stress. What can you do?



CULTURAL CORNER:

Martin Luther King, Jr. was born on January 15, 1929 at his family home in Atlanta, Georgia. King was an eloquent Baptist minister and leader of the civil-rights movement in America from the Mid-1950s until his death by assassination in 1968. King promoted non-violent means to achieve civil-rights reform and was awarded the 1964 **Nobel** Peace Prize for his efforts.

www.lucidcafe.com/library/96jan/King.html

Central America Countries

| Country | Official Language |
|-------------|--------------------------------------|
| Belize | English – Spanish |
| Costa Rica | Spanish |
| El Salvador | Spanish |
| Guatemala | Spanish |
| Honduras | Spanish |
| Nicaragua | Spanish – English in Caribbean Coast |
| Panamá | Spanish |

NUTRITION AND HEALTH TIP

Let's participate in the program "Lighten Up Iowa." "Lighten Up Iowa" is a team based program to help members make positive changes during the course of four months.

"Lighten Up Iowa" will encourage participants during the program by giving them physical activity ideas and tips on healthy eating and proper nutrition. The members can be co-workers, friends or family. Register in this website www.lighteniowa.org. Start January 10.

For questions and suggestions about this letter contact:

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Extension provides researched-based learning opportunities regarding communities, families, business and industry, agriculture and natural resources, and 4-H youth development through service learning programs, conferences, seminars, classes and educational materials.