



Human Sciences Newsletter: Regions 19, 26 & 27

October 2023

Upcoming Events

10/3/2023 - ServSafe® Certified Food Protection Manager Course and Exam, West Burlington
(Registration closed)

10/4/2023 - Passport to Early Childhood Education for Program Administrators, Online
[Registration](#)

10/4/2023 - Powerful Tools for Caregivers - Adults, Ottumwa
[Registration](#)

10/5/2023 - Powerful Tools for Caregivers - Adults, Washington
[Registration](#)

10/5/2023 - Preserve the Taste of Summer 101, Coralville
[Registration](#)

10/10/2023 – A Journey Through Parkinson's Disease, Online
[Registration](#)

10/19/2023 – Food Safety Escape Challenge - Child care provider training, Iowa City
[Registration](#)

10/23/2023 - ServSafe® Certified Food Protection Manager Course and Exam, Fairfield
[Registration](#)

Explore more upcoming events:
<https://www.extension.iastate.edu/humansciences/events>

Stay Independent and Fuel for Independence

It's never too early—or too late—to set goals for staying independent in mid and later life. *Stay Independent* is a series of classes for adults age 60 and older that teach about the benefits of eating well and moving more, avoiding fraud and scams, planning for future housing and care needs, and more! Each session is 1-hour in length and is delivered by Human

Sciences Family Wellbeing and Food and Health Specialists. To schedule *Stay Independent* in your county contact Sara Sprouse, sprouse@iastate.edu or Hailey Burgher, hburgher@iastate.edu.

Fuel for Independence includes shortened versions of the six *Stay Independent* nutrition sessions. Titles are: Cooking for One or Two, Exercise, Feast on Fruits and Vegetables, Power Up with Protein, Save Your Brain, and Three Meals a Day. Sessions include an overview video and facilitated discussion on the topic. Each session is 30 minutes and is delivered by Extension Office county staff. County staff who are interested in being trained to deliver this series should contact Sara Sprouse at sprouse@iastate.edu.



Click [HERE](#) for more information
about *Stay Independent!*

