Dealing with Stress

In times of stress, whether financial or emotional, taking care of yourself, staying healthy and stretching resources are important skills. These educational opportunities can help you cope.

What About Me? My Wellbeing Engage in hands-on learning and develop a personal plan for your own wellbeing. Understand how financial, social/emotional and physical health work together to enhance your quality of life. All this in What About Me? My Wellbeing.

Smart Choice™: Health Insurance Changes in health insurance can influence your family finances! Come to a Smart Choice: Health Insurance workshop to find out how you may be affected. You’ll learn options and strategies for selecting a health care plan to fit your family’s health care needs and spending plans.

ELEVATE: Taking Your Relationship to the Next Level, ELEVATE is a relationship education program that engages couples in learning and practicing seven core skills that are essential to maintaining healthy and stable relationships.

Finances of Caregiving Understanding possible solutions for caring for a loved one means you and your family can make the best decisions for their care. Finances of Caregiving guides you through finding and collecting needed information for your family’s situation as you plan together with the care receiver.

Food Preservation 101 Looking for ways to stretch your food dollar? Whether it’s garden produce or deer meat, pickles or jams, you can enjoy later what you preserve now. Learn the latest recommendations when you enroll in Food Preservation 101.

Upcoming Events

Finances of Caregiving
January 22—February 19th (Keokuk)

Small Change: Building Financial Security
January 26th (Burlington)

Powerful Tools for Caregivers of Adults with Chronic and Acute Illness
February 6—March 13th (Iowa City)

Powerful Tools for Caregivers of Adults with Chronic and Acute Illness
February 7—March 14 (Fort Madison)

Your Money Your Future
February 6—27 (Mt. Pleasant)

Nutrition and Wellness
February 12 -KCRG TV9

ServSafe
February 18 (Iowa City)

What About Me? My Wellbeing
February 19th—March 12 (Columbus Junction)

Food Preservation 101
March 2 (Mt Pleasant)

Together We Can
March 03—March 18 (Burlington)

Latinos Living Well
March 07-March 28 (Columbus Junction)

More event details: www.extension.iastate.edu/calendar/
As a Family Life Specialist, Dawn Dunnegan works with programs that strengthen families. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from nutrition education. As Nutrition and Wellness Specialist, Rachel Wall, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

Financial education empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, Mary M. Weinand provides learning opportunities to help individuals acquire knowledge and skills to build financial security.