

Living Well Conference

Choose **ONE** class in each session below:

- Session A**
- Are There Toxic Chemicals on your Makeup Counter
 - Sleep: A Forgotten component of Overall Health
 - What's going on in that Beautiful Mind?
 - The Produce Mom

10:15 a.m. to 11:00 a.m.

- Session B**
- What's going on in that Beautiful Mind?
 - Bridging the Gap (Communicating with Millennials and Emerging Adults)
 - Know your GMO's (Genetically Modified Organisms)
 - Getting Involved to Build a Stronger Community

11:15 a.m. to Noon

- Session C**
- Know your GMO's (Genetically Modified Organisms)
 - Smart Use Health Insurance—Smart Actions
 - The Skinny on Fats & Sugars
 - Simply Classic

1:30 p.m. to 2:15 p.m.

- Session D**
- The Skinny on Fats & Sugars
 - Are There Toxic Chemicals on your Makeup Counter
 - Sleep: A Forgotten Component of Overall Health
 - Bridging the Gap (Communication with Millennials and Emerging Adults)

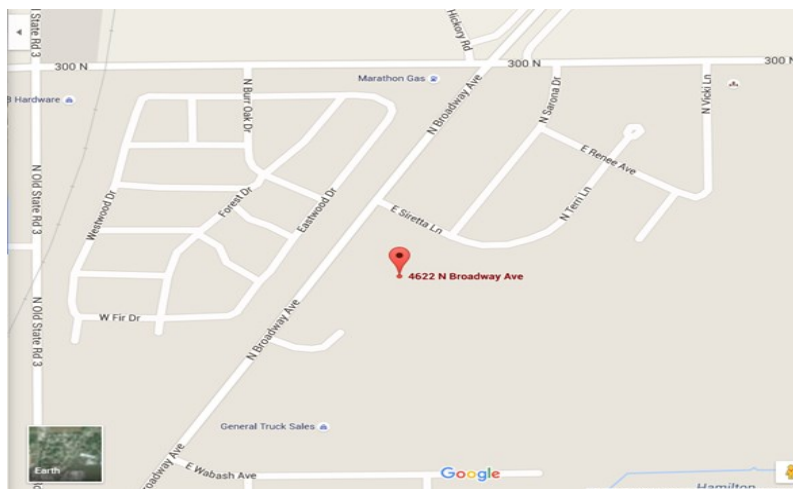
2:30 p.m. to 3:15 p.m.

Send registrations to:
 Purdue Extension - Jay County
 126 N Meridian Street
 Portland, IN 47371
 P: 260-726-4707 F: 260-726-2946

Conference Schedule:

- ▶ Registration & Refreshments - 8:15 to 9:15 a.m.
- ▶ Lori Taylor "The Produce Mom" - 9:15 to 10:00 a.m.
- ▶ Concurrent sessions **A** - 10:15 a.m. to 11:00 a.m.
- ▶ Concurrent sessions **B** - 11:15 a.m. to Noon
- ▶ LUNCH Keynote: Susan Brumley- Noon to 1:15 p.m.
- ▶ Concurrent sessions **C** - 1:30 p.m. to 2:15 p.m.
- ▶ Concurrent session **D** - 2:30 p.m. to 3:15 p.m.

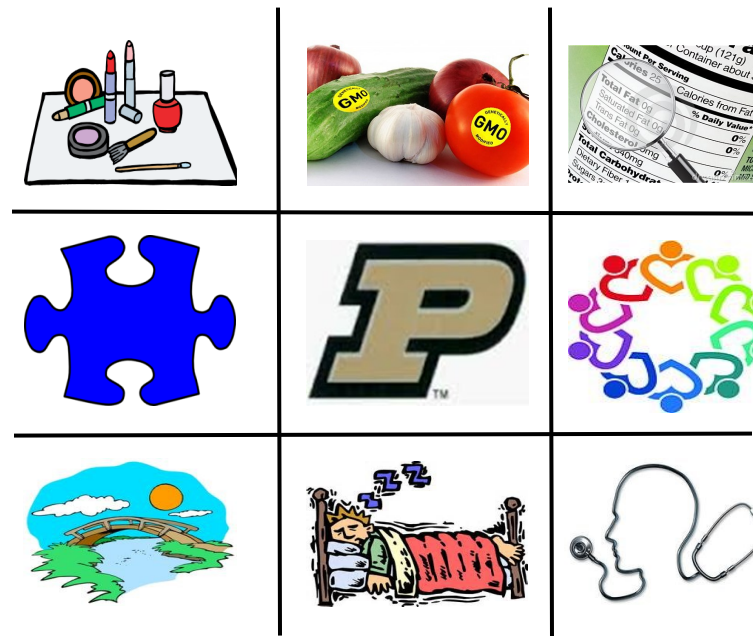
Union Chapel Ministries
 180 Building
 4622 N. Broadway Ave.
 Muncie, IN 47303
 765-288-8383



Area 7 Educators

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Kris Parker, Regional Educator, Community Development

Living Well
 Conference
 Wednesday, October 5, 2016
 Union Chapel Ministries
 Muncie, Indiana



Presented by:
Purdue University Cooperative Extension Service
 Area 7 Health & Human Science Educators Serving
 Blackford, Delaware, Fayette, Franklin, Henry, Jay
 Madison, Randolph, Rush, Union and Wayne Counties

Are There Toxic Chemicals on your Makeup Counter?

We have come a long way from powdering our faces with lead-based powder and painting our lips with mercuric sulfide like in the Victorian Era, but how much safer are today's beauty products. The United States has not passed a federal law to regulate the ingredients used in personal care products since 1938. There are currently more than 80,000 chemicals on the beauty and makeup market. Register for this session to learn more about the history of beauty product regulation and how to identify the different

What's going on in that Beautiful Mind?

Autism is one of the fastest-growing developmental disorders in the U.S. and now affects 1 in 68 children and 1 in 42 boys. While these children may act differently from what you're familiar with, they're full of emotion, fierce love, tender hearts, and hope. Register for this session to learn more about autism and other developmental disorders that many children are facing in America and how to interact with a child you may know or come to meet.

Know your GMO's (Genetically Modified Organisms)

'What is a GMO? What Products or foods contain GMO's? Are GMO's dangerous or unhealthy? Why is there so much "hype" Surrounding GMO's? Discover answers to these questions, along with an overview related to certified organic foods and the differences between GMO foods and certified organic foods.

The Skinny on Fats and Sugars

Come and find out the good, bad, and ugly on all different types of sugars, sugar substitutes, and fats that are available for consumption and how to interpret them on a nutrition label.

Sleep: A Forgotten Component of Overall Health

Sleep is one of the most important aspects of a person's health, yet every day millions of Americans struggle to get the amount they need. According to Healthy People 2020, 25 percent of U.S. adults report insufficient sleep or rest at least 15 out of every 30 days. For many Americans reporting insufficient sleep, obtaining a healthy amount of sleep can be easier said than done. In some instances these individuals may be suffering from even more serious conditions. Individuals participating in this lesson will learn about the importance of having good sleep hygiene and some of the most common types of sleep disorders.

Smart Use Health Insurance - Smart Actions

Health care expenses, including health insurance, are a large part of your family budget. Learn how insurance works and how to identify tools to use when problems occur. Understanding and using health insurance effectively will help you get the most from this important purchase while managing your health and your money.

Susan Brumley - Simply Classic

I will teach you how to dress for your body type focusing on classic wardrobing basics to build a foundation of style rooted in craftsmanship and versatility. It is my goal to help you Look Your Best everyday with minimal effort so you can use your time and talents (Do Your Best) for your family, career and passions (Be Your Best).

Kris Parker - Getting Involved to Build a Stronger Community

Many homemakers volunteer and lead in many way. Learn about some ways that you can make a lasting impact in your community by getting involved in helping to address important issues.

Lori Taylor - The Produce Mom

The Produce Mom is a passionate advocate for the fresh produce Industry : inspiring families to eat more fruits and vegetables, introducing consumers to produce brands, and rallying the produce industry to converse with the consumer. The Produce Mom Educates consumers on how to select, store & serve fresh produce.

Bridging the Gap (Communicating with Millennials and Emerging Adults)

What's up with young people these days? In a world that changes so fast it makes your head spin the "generation gap" is more evident than ever. This session will provide new insight into how younger generations view the world and the social norms that drive their interactions.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



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One registration per person! Cost is \$12 per person (light lunch included)

Registration deadline - Friday, September 9, 2016

Please print or type

First Name

Last Name

Address

City

State

ZIP

Phone

County

Class selection must be included with registration form.

**Make check or money order payable to Purdue CES Education Fund
Send registration to Purdue Extension, Jay County, 126 N Meridian Street, Portland, IN 47371**

Purdue University is an equal opportunity/equal access/affirmative action university. If you have special needs, please indicate on the registration form, or call us prior to the meeting at 260-726-4707. (Please respond by Friday, September 9, 2016)