



Spring Happenings

Additional Programs may be added to the schedule.
Any additions/corrections will be posted to the web site – <http://hancock.osu.edu> click on “Calendar of Events” and then “Family Calendar” OR call 419-422-3851 to inquire.

Financial Management Classes by request call 419-422-3851:
Cleaning Up and Rebuilding Credit (\$10)
OR Keys to Home Ownership (\$35)

March

18	BeHealthyNow Educational Session #9 – Exercise & Diet Myths 12 noon – 1 p.m. and 6:30 – 7:30 p.m. The Lighthouse, 10055 US 224 West Speaker: Renee Wolford, RD, LD, Bariatric Solutions & Jaime Hanni-Wells, Blanchard Valley Hospital What’s myth and what’s fact about exercise and diets. We’ll focus on the facts.
18	Investing for Beginners* 12 noon in EC Room 183 OR 6:30 p.m. CEWC Room 128 at Owens Community College, Findlay Owens Community College and Hancock SAVES are collaborating to offer this FREE financial workshop. Get your money working for you. Think CDs, IRAs, mutual funds, etc. and what you need to know to get started. Hancock SAVES is a part of the Money Count\$ program of Ohio State University Extension, Hancock County.
19	Basic Budgeting* 5:30 p.m. – 8:30 p.m. at OSU Extension Office, 7868 CR 140 Suite B Findlay, OH Class fee is \$10, contact Angela Crist at 419-422-3851
19 & 26	Dining with Diabetes – classes 2 & 3 of a Three-part Series 1-3 p.m. at Blanchard Valley Hospital Rehabilitation Education Room, 1900 S Main St. Findlay (2nd floor of Ruse Center – use Southeast revolving door) A cooking program designed for people with diabetes and their family members. The 3-class series includes demonstrations on how to prepare meals that are healthy and use less fat, salt and sugar WITHOUT cutting taste. Call 419-422-3851 and talk with Barb Brahm to inquire further.
24 & 31	Parenting Class – classes 3 & 4 of a Four-part Series 6:30 – 8:30 p.m. at Ohio State University Extension, Hancock County. Cost: \$7 per session Call 419-422-3851 and talk with Barb Brahm for more information.
25	BeHealthyNow Educational Session #10 – Dining Out 12 noon – 1 p.m. and 6:30 – 7:30 p.m. The Lighthouse, 10055 US 224 West Speakers: Nancy George, RD, LD, Clinical Dietician – Blanchard Valley Hospital Learn how to keep your eating in control when eating out and at holiday/special meals.
26	Dealing with Debt* 5:30 p.m. – 7:30 p.m. at OSU Extension Office, 7868 CR 140 Suite B Findlay, OH Class fee is \$10, contact Angela Crist at 419-422-3851
28-30	Leisure Living Show
31	Basic Budgeting* 5:30 p.m. – 8:30 p.m. at OSU Extension Office, 7868 CR 140 Suite B Findlay, OH Class fee is \$10, contact Angela Crist at 419-422-3851

* These programs are part of the Money Counts program of Ohio State University Extension, Hancock County. Money Counts is funded through a generous grant from the Findlay-Hancock County Community Foundation.

