



Winter Happenings

January 2011

Watch the newspaper for Kroger In-Store Visits or other late addition programs. Any additions/corrections will be posted to the web site – <http://hancock.osu.edu>

10 Managing Your Time

6:30 – 7:30 pm, Findlay-Hancock County Library. Free.

Barbara Brahm will present a program on managing time to avoid stress and focus on your goals and priorities.

11-15 Be Healthy Now Weigh-In Week

Take on the Challenge for Fitness in 2011.

2011 fee = \$5

Weigh-In Times:

TUE - January 11 4:30 – 8 pm

Findlay Family Y.M.C.A.
300 East Lincoln Street, Findlay

WED-FRI – Jan 12-14 11 am – 1 pm

OSU Extension Hancock County
7868 CR 140 Suite B, Findlay

SAT – January 15 10 am – noon

Findlay Village Mall (west end)

Kick off – Saturday, January 15, 10 am – noon at Findlay Village Mall

Health Fair, Cooking Demonstrations, Nutrition & Fitness Presentations, Displays, & Door Prizes. For details go to our web site at

<http://hancock.osu.edu>

New option for 2011
\$20 for 8 Exercise Sessions
with a Certified Trainer!



17 Martin Luther King Day Office Closed

20 Basic Budgeting

9 am – 12 noon at The Family Center, 1800 North Blanchard St., Findlay
Registration Fee: \$10. Enroll by January 19.

Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.

Instructor: Barbara A. Brahm, Extension Educator, Family and Consumer Sciences

27 Basic Budgeting

6-9 pm at OSU Extension Hancock County, 7868 CR 140 Suite B, Findlay
Registration Fee: \$10. Enroll by January 26.

Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.

Instructor: Barbara A. Brahm, Extension Educator, Family and Consumer Sciences

February

23

Managing Stress

6:30 – 7:30 pm, Findlay-Hancock County Library. Free.

Learn about how stress affects your health and productivity and how to manage and prevent stress in your daily life.

Instructor: Barbara A. Brahm,

Extension Educator - Family and Consumer Sciences



20 - 27 HancockSAVES Week

Watch for program updates in The Courier, on radio, and on our web site <http://hancock.osu.edu>

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Stewardship Emphasis in Churches

21

Special Kick-off Speaker

23

Dealing with Credit and Debt

- Megan Frame, Consumer Credit Counselor

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Basic Budgeting

1 – 4 pm at The Family Center, 1800 North Blanchard St., Findlay
Registration Fee: \$10. Enroll by February 23.

Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.

Instructor: Barbara A. Brahm, Extension Educator, Family and Consumer Sciences

26

Hancock SAVES Financial Fitness Fair

1 – 4 pm at Findlay Village Mall

Presentations on budgeting, debt management, home ownership, savings, and more...; Displays; Kids activities; Announcement of the Grade 1-5 Piggy Bank Pageant Decorating Contest winners; Appearance by the Cash Cow!

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Basic Budgeting

6-9 pm at OSU Extension Hancock County, 7868 CR 140 Suite B, Findlay
Registration Fee: \$10. Enroll by February 25.

Class will include information on determining needs & wants, record keeping, developing and managing a budget, & cost saving tips.

Instructor: Barbara A. Brahm, Extension Educator, Family and Consumer Sciences

**Coming in
March**

Dining with Diabetes

Watch for program updates in The Courier, on radio, and on our web site <http://hancock.osu.edu>

