



Healthy Homemakers

These lessons will provide opportunities to discuss various aspects of being healthy. Homemaker members will receive a certificate for participating in at least 80% of the lessons. Participants will receive a prize for attending all sessions that are offered.

August 11th: Leadership Training for lessons Sept-Dec. Leaders will come back to county to teach.

September 12th: 10am **Stay Happy and Healthy.** Having a sense of humor aids us in having a better life.

October 10th: 10am **The Importance of Balance.** This lesson will discuss the importance of Balance and exercises that can be done to maintain and improve it.

November 14th: 10am **Stroke Awareness.** We will discuss what a stroke is, the symptoms, the risk factors, and ways in which you can prevent strokes from happening.

December 12th: 10am **Personal Safety.** Learn about hazards in and around the home, ways to help make your home safe and resources in the community to help.

January: **Educate before you Medicate (Mail Out)** Learn about the importance of understanding medication use.

February 13th: **Taking Care of your Heart (Mail Out)** Learn about what a heart attack is, what causes a heart attack, signs and symptoms for heart attacks for both men and women, and ways to prevent a heart attack.

March 13th: 10am **Oral Health and You.** We will discuss the importance of having good oral hygiene.

April 10th: 10am **Depression in Older Adults and Grandparents Raising Grandchildren.** There will be discussion about what depression is, what the symptoms are, recognize the effects of depression, and learn about local resources that will help adults with additional info and treatment.

May: TBA **Pinterest Party** at Boyd County, Franks Building.

