Lunch and Learn Series

RESTART Ohio: Back to Healthy

Tuesdays and Thursdays, Noon-12:30 p.m.
July 7 thru August 20

Family and Consumer Sciences Educators are teaming up across Ohio to provide a virtual summer learning series titled RESTART Ohio: Back to Healthy. The series will focus on a variety of health and wellness related topics and provide an opportunity for Ohioans to connect with Extension resources and gain valuable knowledge.

This complimentary series will utilize the Zoom webinar platform. Pre-registration is required and participants have the option to select one or more sessions in the series.

Schedule

July 7 – Fall Vegetable Garden, Patrice Powers-Barker & Amy Stone (ANR)
July 9 – A Moment for Mindfulness?, Whitney Gherman & Michelle Trever, asst. Shannon Carter
July 14 – Conversation Etiquette, Misty Harmon, asst. Amanda Bohlen
July 16 – When in Rome...What to Eat while on Vacation, Shari Gallup & Susan Zies
July 21 – Importance of Play in Early Childhood, Katie Schlagheck, asst. Amanda Rysz
July 23 – Art of Apologizing, Courtney Woelfl
July 28 – Parenting: SMH!, Jami Dellifield, asst. Misty Harmon
July 30 – Slowing Down: the New Normal, Lorrissa Dunfee, asst. Courtney Woelfl
August 4 – Active Listening, Joseph Maiorano, asst. Bridget Britton
August 6 – Be Savvy with Your Spirits, Dan Remley & Susan Zies, asst. Alisha Barton
August 11 – The Benefits of Conflict (communication), Bridget Britton, asst. Joseph Maiorano
August 13 – Declutter, Melissa Rupp & Patrice Powers-Barker, asst. Roseanne Scammahorn
August 18 – Herbs, Alisha Barton & Amanda Bennett
August 20 – Parenting Well with Food: Picky Eating, Food Jags, and the Sweet Tooth, Chris Kendle, asst. Amanda Bohlen

Registration

go.osu.edu/RestartOhio

Questions

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or

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