



# FAMILY AND CONSUMER SCIENCES

2019 Programs  
February-June

**TO REGISTER, CONTACT:**

DEKALB CO. EXTENSION OFFICE  
4380 MEMORIAL DR. SUITE 200

DECATUR, GA 30032

(404) 298-4080

UGE1089@UGA.EDU

WWW.EXTENSION.UGA.EDU/DEKALB



**FOLLOW US ON SOCIAL MEDIA:**

FACEBOOK:

@UGAEXTENSIONDEKALBCOUNTY

INSTAGRAM:

@UGA\_DEKALB\_EXTENSION

All classes are \$10 each and will be held at the DeKalb County Extension Office.  
Refreshments and giveaways will be provided.

**LOVE YOUR HEART  
WEDNESDAY, FEBRUARY 20, 2019; 6:30P-7:30P**

Celebrate American Heart Month by taking care of your heart. Join us for tips to better manage your time and stress and make heart healthy food choices.

**GREEN "SPRING" CLEANING: MAKE AND TAKE WORKSHOP  
WEDNESDAY, MARCH 13, 2019; 6:30P-7:30P**

Kick off the spring season with this hands-on workshop. Learn how to make your own household cleaning products that are healthier, less expensive and more versatile alternatives to commercial products.

**COOKING FOR A LIFETIME PREVENTION OF CANCER  
TUESDAY, APRIL 23, 2019; 6:30P-8:00P**

If you could reduce your risk of cancer and chronic disease, would you want to? This program will discuss American Cancer Society guidelines on nutrition and physical activity for cancer prevention and how to incorporate these recommendations into your everyday life.

**BONE UP ON HEALTH  
TUESDAY, MAY 14, 2019; 6:30P-7:30P**

May is National Osteoporosis Month! Discuss the importance of healthy bones, slip and fall prevention and what you can do to better support your bones so they can support you.

**SUMMERTIME FOOD SAFETY  
THURSDAY, JUNE 6, 2019; 6:30P-7:30P**

Combining the outdoors with good food makes for a great outing. Make sure to keep foodborne illness off the itinerary by following these food safety rules that will reduce the chance of spoiling your summer fun.

To register, please complete and return the form below in person or by mail. Cash and debit/credit card (Mastercard and Visa) are accepted. Payment in the form of check or money order can be made to "DeKalb County Extension/4-H."

- Love Your Heart
- Green "Spring" Cleaning
- Cooking for Prevention of Cancer
- Bone Up on Health
- Summertime Food Safety

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_