

# What is **FACS?**

**Family and Consumer Sciences (FACS)** is the field of study focused on the science and the art of living that affect the way humans relate with their environment.

**\*At FACS**, we help people make informed decisions about their personal well-being, relationships, and resources to achieve enhanced quality of life.



**We Are  
FACS!**

**\*OUR GOAL** is to help, teach, and inspire others to strength home and family life.

**Cobb County  
Extension Services**  
678 South Cobb Drive, Suite 200  
Marietta, GA 30060

## Interested in FACS programming?

Please give us a call at:  
770-528-4070

OR

Come by our office located at:  
678 South Cobb Drive,  
Marietta GA 30060

Office Hours: Monday – Friday  
8:00am – 5:00pm

Visit us at:  
[www.extension.uga.edu/cobb](http://www.extension.uga.edu/cobb)



An Equal Opportunity, Affirmative Action, Veteran, Disability Institution.  
If you are an individual with a disability who may require assistance or accommodation in order to participate in or receive the benefit of a service, program, or activity of UGA, or if you desire more information, please contact us at least 3 weeks in advance.



**UNIVERSITY OF GEORGIA  
EXTENSION**  
Cobb County

## Family and Consumer Sciences

### *FACS Programming*



**We Look Forward To Serving YOU!**

## Health and Nutrition

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- Chronic Disease Prevention Cooking \*
- Bone Health\*
- Heart Health\*
- Diabetes Prevention Program\*
- Controlling High Blood Pressure
- Healthy Eating
- The DASH Diet
- Cancer Prevention Cooking\*
- Understanding Food Labels
- Becoming a Healthier You\*
- Kids in the Kitchen\*



- Food History of the South\*
- Curb Your Cholesterol
- Heart Healthy Oils
- Cooking Classes for Beginners
- Spice It Up!
- Cooking for One or Two



- Healthy Fruits and Vegetables\*
- Eat Healthy, Be Active\*



## Food Science and Preparation

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- Food Preservation Workshop\*
- Canning, Freezing, and Drying
- Preventing Foodborne Illnesses
- Food Allergies
- Food Preservation for YOUTH
- ServSafe Food Safety Certification Training\*
- Fresh, Frozen, Canned
- Meal Prep Workshop
- Kitchen Gadgets
- Composting and Vermiculture



## Farm-to-Table

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- Seed Starting 101
- Indoor Herb Garden
- Container Gardening 101
- Cooking and Growing with Herbs from Your Garden



## Home Interior and Organization

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- Green Cleaning
- Decluttering Your Life
- Room Organizing and Space Saving\*



## Fashion and Textiles

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- Need programming? Please contact us directly for requests

## Family Relationships and Human Development

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- Elevate Couples Georgia\*
- Adulting 101 for TEENS

## Personal Care and Wellness

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- Healthy Tea Time & Learn\*
- Terrarium Workshop
- Vision Board Workshop\*

## Housing and Community

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- Need programming? Please contact us directly for requests

## Money Management and Personal Finances

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- Understanding Your Credit Score\*
- Financial Planning for TEENS

## Timely and Trending Topics

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\*Available upon request