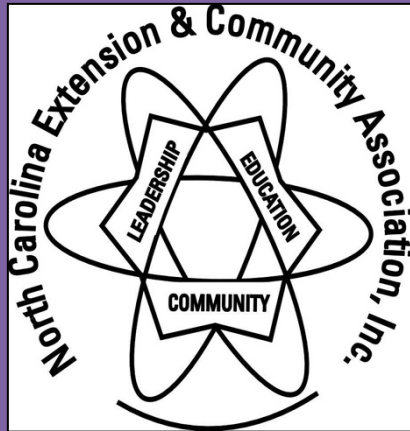


May 2022 Program Highlights

FOOD for Thought



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IMPACTS

- Completed teaching an 8-week chronic disease nutrition workshop series for 20 people and taught a workshop on Cooking Fresh Veggies for 25 people at the South Granville Senior Center
- Attended a Safe Plates Home Food Preservation training through NC State as well as helped co-host a district wide training for 2 preservation classes
- Disseminated the Community Health Assessment survey in Person County
- Held several information sessions for roughly 20 people to recruit for the Diabetes Prevention Program in Person County
- Taught a Healthy Living as We age workshop for Granville Co church leaders
- Provided Steps to Health “Eat Healthy” signs for the Roxboro Housing Authority community garden sites.
- Coordinated an online Walking Facebook group for 1400 people across 8 states to encourage 30 minutes of physical activity for 30 days
- Attended a Multi-State Extension Conference
- Served on the Equity Advisory Council for Granville County Public Health and the Creative Lifelong Learning Committee for Granville Senior Center
- Participated in a staff training on Dealing with Different Personalities
- Purchased \$100 in plants for the Cornwall Community Garden in Granville
- Started planning a Family Fun Day for August in Granville County
- Taught a virtual and in-person “Age My Way” Lunch N’ Learn for 30 people
- Taught a workshop on the 10 Warning Signs of Alzheimers for 16 people at the North Granville Senior Center
- Started testing dial gauge pressure canners in both Person & Granville
- Taught Healthy Eating on a Budget at the Berea Branch Library
- Hosted workshops on Healthy Living for Your Brain & Body with 25 people
- Wrote 4 newspaper articles for Roxboro & Oxford and had 4 weekly radio spots for the Roxboro Radio and a 1-hour TV/Radio Show in Roxboro