



Autumn Health Concerns

Source: Katherine Jury, Extension Specialist for Family Health

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year.



However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

CAMPBELL COUNTY COOPERATIVE EXTENSION SERVICE

OPEN HOUSE & COMMUNITY CELEBRATION

SEPTEMBER 9, 2023
10:00 AM - 2:00 PM

PENGUIN ENCOUNTER
11:00 a.m.

For more information call: 859-572-2600
or e-mail: campbell_ext@uky.edu
3500 Alexandria Pike
Highland Heights, KY 41076

We are getting excited for our Community Celebration and Open House on September 9th! Please plan to visit us between 10am and 2pm!

Admission: FREE

We will have booths showcasing the services and programs offered in Campbell County. Here are just a few things you can expect at the event:

- Homemakers Kickoff!
- Penguin Meet & Greet 11am
- Food Trucks
- Live Music
- Goat/Puppy Yoga
- Farm Animals
- Beekeepers
- and much more!

We hope to see you there!



Join Us! - Lunch & Shopping...

October 3rd, we are going to the Hoosier Ice House, 37 W. High Street, Lawrenceburg, IN. We are planning to travel to **Historic Lawrenceburg for lunch and shopping**. The sidewalks are great for those with walkers or wheelchairs. Lots of park benches for those who wish to sit while others shop. We plan to carpool from the Extension Office leaving at 10:00 am. We will leave Lawrenceburg around 1:30 -2:00. Join us for a fun day out of town.



Save the Date: October 10 @ 1pm

Come join homemakers for a KEHA Week surprise event at the Extension Office.

This is a **FREE EVENT** but you will need to register. Details will be available in your club meetings or when you sign up.



MAKE A DIFFERENCE

A HOMEMAKER CHALLENGE FOR OCTOBER!

October 28th is "Make a Difference Day."

How about each of us accepting this Challenge to change the lives of 31 different people in October through simple acts of kindness? Think how many people could be encouraged by Campbell County Homemakers! This could be as simple as a card, call to friends, family, or even a contact with strangers in a park, store, etc. that could lift the spirits and improve their mental health—and, little doubt, ours, too, at the same time! Follow up to this challenge will be sharing your favorite memory that occurred at the next club meeting. Mailbox members, this Challenge is for you, too! Send a text or note to me about your favorite experience so I can share your successes with others: Pam @ 513-519-5823. Hope you accept this Challenge to make life a little brighter. Can't wait to hear about the adventures you'll experience!

Lunch Bunch



Tuesday, September 5, 2023
The Pub
11:00 a.m.

2853 Dixie Hwy, Crestview Hills, KY 41017

Call or Text your reservation or cancellation to **Marcia Kerby** at

859-816-8707

Text Marcia if you would like to meet at Extension Office and carpool. We will leave at 10:20 a.m.

LOOKING AHEAD...

Date	Event
September 5 11:00 a.m.	Lunch Bunch — The Pub - Crestview Hills Town Center 2853 Dixie Hwy, Crestview Hills, KY 41017—Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:20 to car pool.
September 9 10:00 a.m. - 2:00 p.m.	Homemakers Kickoff — Extension Office Community Celebration Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 12 10:00 a.m.	Valley Homemakers Club Meeting — Room C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 13 9:30 a.m.	Homemakers Cultural Arts — Items turn-in 9:30 a.m.; Judging starts 10:00 a.m. Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 13 10:30 a.m.	Homemakers Council Meeting — following Cultural Arts Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 18 10:00 a.m.	Crazy Quilters — Rooms B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
September 27 1:00 p.m.	Homemakers Area Council Meeting — Durr Education Center 450 Kenton Lands Road, Erlanger, KY 41018
October 3 10:00 a.m.	Hoosier Ice House — Historic Lawrenceburg for Lunch and Shopping 37 W High St, Lawrenceburg, IN 47025 — We plan to carpool from the Extension Office leaving at 10:00 am. — Call/Text your reservation to Marcia Kerby at 859-816-8707
October 10 1:00 p.m.	KEHA Week — Surprise Event! Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 18 10:00 - 2:00 p.m.	Homemakers Area Annual Meeting—Fall Flannel Frolic Boone County Enrichment Center — 1824 Patrick Drive, Burlington, KY 41005

ATTENTION HOMEMAKERS MAILBOX & CLUB MEMBERS

We need your help, Please!

Our **Homemaker Kickoff** will be held **Sept. 9th** during the Community Celebration at the Extension Office, 10am-2 pm. In the past we have given cookbooks to guests to attract them to our HM display area. We need cookbooks and/or craft books to distribute this year, too. If you will give books to help with this project, please drop them off in the labeled box in the front entry area of the Extension Office, Sept. 4-8, or before 10 a.m. on the 9th. Thanks in advance for your help!

Hope to see you at the Celebration! Pam Fields



Homemakers Cultural Arts

September 13

Items turn-in 9:30 a.m.; Judging starts 10:00 a.m.

Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

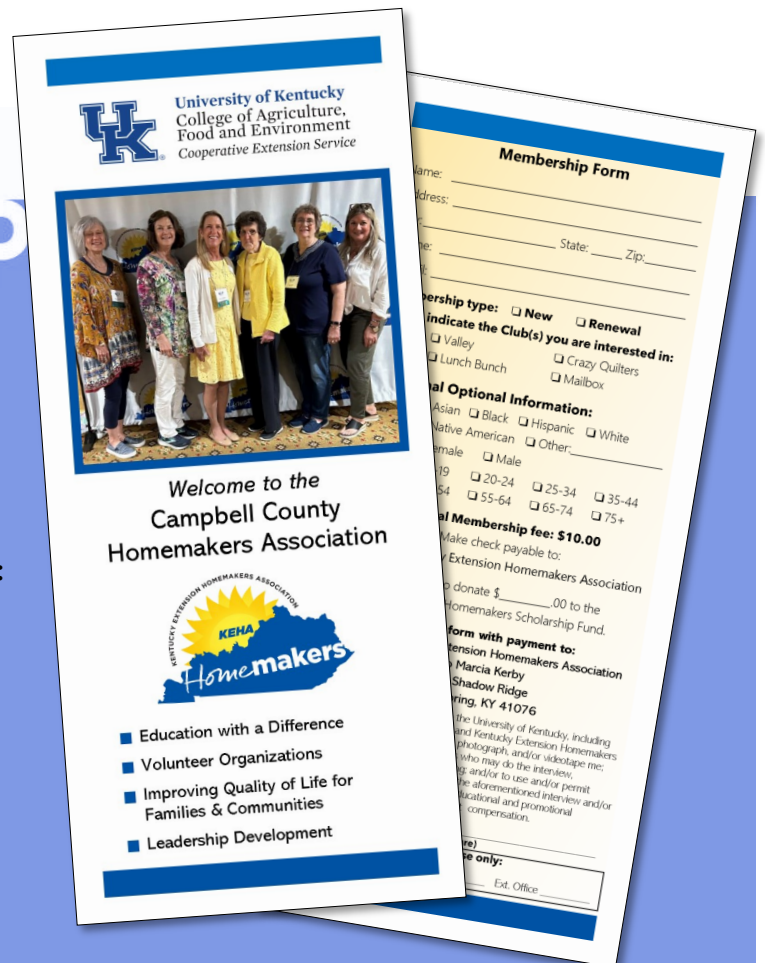
(see insert for more information)



RENEW YOUR MEMBERSHIP

Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2023. The updated Membership Form is included with this newsletter. Annual Dues is \$10.00. **Make your check payable to: Campbell County Extension Homemakers** and send the check/money order to: **Marcia Kerby, 372 Shadow Ridge, Cold Spring, KY 41076 by December 1, 2023.** Remember that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from joining the Homemakers!



COME BUILD YOUR OWN Scarecrow

Decoration

WEDNESDAY OCT 4, 2023

AT CAMPBELL COUNTY EXTENSION

3500 Alexandria Pike Highland Heights, KY

Register Now

**Basic
Sewing
Skills**

online at
campbell.ca.uky.edu
or call 859-572-2600

**10AM
AND
5:30PM**



enrollment
opens
Sept 11th

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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September is National Preparedness Month



The National Weather Service encourages all households, businesses, and communities to take the following steps to prepare for a possible disaster or emergency.

3. **Build a Supply/Emergency Preparedness Kit.** Maintain items by checking on expiration dates and updating items as needed or based upon your needs (young children, older adults, pets, etc.)
4. **Get Involved.** Before a disaster strikes, volunteer with your business or local community.

National Preparedness Month ends Sept. 30, which is National Preparedness Day.

Since the tragic events of Sept. 11, 2001, the federal government has named September as National Preparedness Month. This is to remind and encourage all Americans to be prepared for emergencies and disasters either man-made, weather-related, or caused by other sources.

1. **Learn Your Risks and Responses – Be and Stay Informed.**
2. **Make a Plan.** Practice your plan regularly so everyone is clear about their roles.

In the time of a disaster or emergency, you may be on your own for 48 to 72 hours or longer before power returns or help can arrive, so prepare now so you can be ready and vigilant when the time comes.



After our business portion, some of the Valley members made lovely keychains using Diamond Art at our August 8th meeting. Thank you, Valeria Collins, for sharing this new craft with us.



FAMILY BONDING
MANNERS
Matter



DINNER.MANNERS.FAMILY

WEDNESDAY, NOVEMBER 15, 2023

CAMPBELL COUNTY EXTENSION

3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM

5:30PM-7:00PM

REGISTRATION OPENS SEPT 11TH
ONLINE AT CAMPBELL.CA.UKY.EDU

OR CALL 859-572-2600

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Lexington, KY 40506



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accommodated
with prior notification.

CRUNCHY FRUIT AND CHICKEN SALAD



Servings: 6 Serving Size: 1 cups

The pineapple and apples pair well with the chicken in this surprisingly simple salad.

Ingredients:

- 2 cups chicken, cooked and diced
- 2 apples, diced
- 1 cup pineapple chunks, drained
- ½ cup celery, diced
- ¼ cup vanilla or plain yogurt
- ¼ cup chopped nuts, optional

Directions:

1. Mix all ingredients and chill for at least one hour. Serve cold.
2. Garnish with raisins if desired.

Source: Rita May, Senior Extension Associate, Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

130 calories; 2g total fat; 0.5g saturated fat; 0g trans fat; 40mg cholesterol; 45mg sodium; 14g carbohydrate; 2g fiber; 15g protein; 2% Daily Value of vitamin A; 10% Daily Value of vitamin C; 4% Daily Value of calcium; 4% Daily Value of iron

ADULT

HEALTH BULLETIN



SEPTEMBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Campbell County
Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
(859) 572-2600
<https://campbell.ca.uky.edu/>

THIS MONTH'S TOPIC:

STRETCH YOUR BOUNDARIES — TRY YOGA!



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana).

Continued on the next page →



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Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.



➔ Continued from the previous page

Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Eased arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
- **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.
- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

- **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.
- **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.
- **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

REFERENCES:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
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Boone and Campbell County Extension

Bedtime Stories

September 11th, September 18th,
September 25th, and October 2nd

7:00–7:30 pm via Zoom

For ages 3 to 8 years old

Listen to STEM-themed bedtime stories
read by community members who work in
STEM-related fields!

Must attend all four read-alongs in order
to receive the books from the classes.

Space is limited and registration is required.

For Boone County call (859) 586-6101

For Campbell County call (859) 572-2600



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Back-to-School Breakfast Ideas

We often hear breakfast is the most important meal of the day. But why? Children who eat breakfast do better on tasks that require attention and higher-level brain functions. This means children who eat breakfast focus and concentrate better and have fewer behavior problems. They also have higher school attendance, fewer hunger-induced stomach aches, and better muscle coordination. Children who eat breakfast also tend to have an overall healthier diet.

It is easy to miss or forget breakfast during the rush to get out the door for school. But a little planning and prep will have your family fueled for whatever the day brings. Try one or more of these tips to help make breakfast part of a back-to-school routine that sets children up for success.

Prep the night before. Set out breakfast options before going to bed. This will allow children and adults to easily get started eating or grab something for the road.

Set the alarm a few minutes earlier. A few extra minutes in the morning can provide time for a quick breakfast. It can also provide time for children to wake up and feel hungry or ready to eat.

Role model breakfast. Children copy adults' behavior. Sitting down to eat with children or at least eating while getting ready shows them breakfast is part of the start of the day.



Pack breakfast to go. Breakfast does not have to be eaten at home. You can pack healthy options for the bus or car ride to school and work.

Try school breakfast. Many schools serve nutritious breakfast. Ask your school and encourage children to take advantage of this.

Eating something is better than nothing. But to fuel the body and brain for a day of academic, social, and physical activity, the standout combination is a whole grain, some protein, and either fruit or vegetables. Find whole grains in things like hot or cold cereal, bread, tortillas, muffins, waffles, or even leftover rice or pasta. Look for protein, which is often missing from breakfast, in dairy products, eggs, nuts and seeds, beans, or animal meats.

Try one of these quick, easy ideas to fuel children's brains and behavior. Or create your own combination!

Hot, instant cereal. Add protein by making it with milk instead of water. You can change up the flavor based on things you mix in. Want it sweet? Add fresh, dried, or even frozen fruit

and nuts. Want it savory? Add cheese and an egg with veggies of your choice.

Yogurt bowl. Start with a base of plain yogurt and then add fresh, canned, or frozen fruit and whole-grain cereal or granola.

Egg sandwich. Have an egg your way with cheese and veggies of your

choice on a whole-grain bread, bagel, English muffin, or pita.

Smoothie. Blend milk, frozen fruit, and a banana. You can add yogurt or nut butter for more protein and flavor.

Tortilla roll. Spread nut butter and your choice of fruit on a whole-grain tortilla. Roll up and enjoy.

Cheese and whole-grain crackers. If you feel like snacking for breakfast, try veggies and hummus or fruit with whole-grain crackers and a stick or slice of cheese.

Dinner for breakfast. Leftovers are another quick and easy option for breakfast.

For more ideas, visit your local Extension office or the [planeatmove.com/](https://www.planeatmove.com/) recipes website.

RESIDENTIAL SOLAR 101



Join an Owen Electric energy consultant to learn about solar for today's home.

Explore the expected payback period, what equipment and space is needed, how it all works, and what to consider for your home.

Information only—no sales, no specific products

**Tuesday, September 12, 2023
6:30 p.m.**

**Boone County Cooperative Extension Service
6028 Camp Ernst Road, Burlington
859-586-6101 or boone.ca.uky.edu to register**

Registration appreciated



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Recognizing and Managing Teen Depression

Source: Kerri Ashurst, senior extension specialist

For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye. Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives.

Everyone experiences times when they may feel down or a little depressed. This is common and may even be beneficial so one learns to deal with the ebbs and flows of life. A depressive disorder, on the other hand, is marked sadness or a change in mood that adversely affects a person's functioning capacity. If untreated, symptoms may last for a few weeks to many years.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous



- happy
- significant weight loss or weight gain
 - an increase or decrease in appetite
 - anger
 - agitation
 - fatigue
 - trouble concentrating
 - withdrawal from family and friends
 - change in sleep pattern
 - thoughts of death
 - thoughts, or plans or attempts at suicide.

physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression. These signs include

- sad feelings
- frequent crying
- loss of interest or pleasure in activities that once made a person

Teens who are depressed may also struggle academically, express boredom, self-harm, engage in risky behavior, and frequently complain of physical symptoms like headaches and stomachaches.

If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice.

More information on raising healthy families is available from the Campbell County Cooperative Extension Service.

Kate Vaught Thompson

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

Katrina Harney

Campbell County Extension
Assistant for
Family and Consumer Sciences

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: RISING HOMEOWNER'S INSURANCE COSTS

In recent years, households across our commonwealth have experienced a steady stream of costly natural disasters. These severe weather events have cost Kentuckians more than 1 billion dollars in estimated disaster-related claims in the past 10 years.

Because of inflation, as well as the higher costs to repair homes and the recent losses from natural disasters, homeowner insurance premiums have spiked nationally. Kentucky is no exception. Home insurance rates have been on the rise since the pandemic and are predicted to increase an average of 9% in 2023. In this article, we discuss ways to save money on your homeowner's insurance policy.

WHAT SHOULD YOU DO?

Start by improving your finances. Look for ways to build healthy savings and lower outstanding payments, such as student loans, credit cards, or other high-interest consumer debt. Managing your money wisely can help you prioritize spending. Look for "spending leaks" to plug, or those frequent or small purchases that can drain your account over time. This might mean cutting back on entertainment, travel, or eating out. Examining your spending habits can help you identify how to "free up" money for essentials.



Also work to establish and maintain a solid credit history. Having good credit can reduce your insurance costs. Similarly, a poor credit history or low credit score labels you a "risky" consumer and can increase how much you pay for homeowner's insurance. To protect and build your credit, always pay your bills on time and keep your credit balances as low as possible. Never take out more credit than you need, and regularly monitor your credit report to look for errors or fraud that need correcting. If your credit standing has recently improved, discuss this with your insurer to see if you are eligible for discounts.

WHAT SHOULD YOU NOT DO?

Do not be tempted to cancel or significantly reduce your insurance coverage, even if you have paid off your mortgage. As Kentuckians have experienced firsthand recently, severe weather often comes with



SEVERE WEATHER OFTEN COMES WITH LITTLE WARNING BUT CAN CAUSE MAJOR DEVASTATION.



little warning but can cause major devastation. Not being properly insured could affect your financial future and could quickly deplete your life savings or retirement funds. Also, do not assume your current coverage is adequate. Revisit your policy to make sure your property is properly insured, especially considering inflation rates and rising home prices.

WAYS TO LOWER PREMIUMS

- **Shop around.** If the last time you shopped for homeowner's insurance was when you bought your home, it may be time to comparison shop. Prices can vary from provider to provider. By comparing multiple quotes, you can determine what company can offer you the lowest premium. Always use caution when comparison shopping to make sure a lower premium doesn't mean less insurance coverage.
- **Claim discounts.** Talk with your agent about eligible discounts that can lower the cost of your policy, such as upgrading your roof, electrical, or plumbing. Other discounts may include upgrades like installing additional fire extinguishers or security systems, bundling services such as home and auto policies, or company loyalty programs. Some companies offer claims-free discounts; lower rates depending on your payment method,

such as automatic drafts or paying in full; discounts for non-smoking households; and even occupational discounts for emergency responders or active military.

- **Raise your deductible.** If you can afford to pay more out-of-pocket initially, increasing your deductible could lower your premium costs. When a homeowner files a claim, depending on their policy, they will pay a certain amount of money upfront (*known as a deductible*) before the insurance company will pay. The higher the deductible, the more money a homeowner can save on their premiums. If you have an emergency fund that could cover a higher deductible if incurred, this may be a way to save.

REFERENCES:

AARP. <https://www.aarp.org/money/budgeting-saving/info-2023/homeowners-insurance-prices-soar.html>

Insurance Information Institute. <https://www.iii.org/article/12-ways-to-lower-your-homeowners-insurance-costs>

National Association of Insurance Commissioners. <https://content.naic.org/consumer/homeowners-insurance.htm>

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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Savoring the Seasons

FUN EDUCATIONAL AND HANDS ON ACTIVITIES ONE SEASON AT A TIME.



OCTOBER 10TH

5:30PM



DECEMBER 5TH

5:30PM



FEBRUARY 7TH

5:30PM



APRIL 17TH

5:30PM



JUNE 4TH

5:30PM

Register

registration opens
Sept 11th online at
campbell.ca.uky.edu
or call 859-572-2600

This class will be at
**CAMPBELL COUNTY
EXTENSION OFFICE**

3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

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2023

Flower Buds



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:

Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

2023 Flower Buds Schedule:

10:00 a.m.-11:30 a.m.

- Thursday, August 3
- Thursday, October 5
- Thursday, November 2
- Thursday, December 7



If you have questions, please contact Kate Thompson or Terri Turner.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

JOIN US FOR A KIDS COOKING SERIES



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

GROWN-UP AND ME



THIS CLASS IS FOR YOUTH
AGES 6-8 YEARS OLD
TO ATTEND WITH 1 GROWNUP!!
EACH PARTICIPANT WILL
LEARN KITCHEN SAFETY,
COOKING SKILLS, GARDENING
AND BUILD FAMILY BONDING.

WE MEET THE 2ND
WEDNESDAY OF EACH MONTH
(FROM JAN-MAY) MONTHLY ATTENDANCE IS **REQUIRED**

5:30PM-7:30PM

MEETINGS TAKE PLACE AT CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY

Register Online at
campbell.ca.uky.edu or
Call (859)572-2600

REGISTRATION OPENS NOVEMBER 1ST AND
CLOSES JANUARY 3RD



Cooperative
Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

FEEL GOOD FRIDAYS

Come join us for hands on crafts
in a mindful environment.

10:00AM

January 19th

February 2nd

February 16th

March 1st

March 15th

**CAMPBELL COUNTY
EXTENSION OFFICE**

3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

Registration

Opens November 10th
online at
campbell.ca.uky.edu
or call 859-572-2600

Cooperative
Extension Service

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Disabilities
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