

Consumer & Family Wellness

Nutrition, Family and Consumer Education Lessons

NDSU
Extension Service

February 7

**Ransom County
Expo Center**

**Doors open at
9 a.m.**

FREE Lunch

Join us at the 2012 Farm Expo!

9:30 a.m.

Eating for Your Eyes

Your mom was right about eating right for good vision and healthy eyes, but don't count on carrots! This lesson identifies foods for eye health and offers recipes and tips to protect vision throughout life. The lesson also features take-home "vision cards", which allow the participant to experience how common eye diseases affect vision.

10:45 a.m.

North Dakota Food & Culture

This presentation will give you a glimpse into the many cultures that are here in North Dakota and how they shape our state and the food we consume.

12 noon

Lunch

1 p.m.

Healthy Living for the Second Half of Life

With an increased life expectancy and the ability of individuals to live longer and healthier lives, interest in the topic of positive aging continues to increase. This lesson discusses how to develop healthy habits as we age.

2 p.m.

Who Gets Grandma's Yellow Pie Plate or Grandpa's Gun?

The transfer of non-titled property, such as photographs and other family heirlooms, often creates more challenges among family members than the transfer of titled property. Learn how to deal with some of the issues that may arise.

3 p.m.

A Cup of Hot Chocolate

A fun and inspirational way to take a look at ourselves!

Enjoy a cup of hot chocolate with this lesson as we have fun looking at some things about ourselves. There will be a "hot chocolate story", we'll explore a little about chocolate and then look at some characteristics about ourselves.