Join K-State Research and Extension FCS Agents and guest speakers virtually for a variety of topics every Thursday at 6:45pm (CT).

A PARENTS GUIDE TO SOCIAL MEDIA........ FEB. 4 @ 6:45P
Do you know what phone apps are the most popular in the US? Join John Calvert, Director of Safe & Secure Schools Unit, as he teaches us about what apps to be aware of on our child’s phone. (Adults Only)

LOVE LANGUAGES..................................FEB. 11 @ 6:45P
Relationships grow better when we understand each other. Everyone gives and receives love differently, but with a little insight into these differences, we can be confidently equipped to communicate love well.

MAKE ACTIVE HABITS STICK....................FEB. 18 @ 6:45P
If becoming more physically active is on your list of goals this year, we can help. Learn how to create new habits and routines to make change stick. After all, the best physical activity is the one you’ll actually do!

LIVING WELL WITH DIABETES............... FEB. 25 @ 6:45P
Diabetes is a common, costly, and serious disease. Let’s discuss how diabetes can be delayed, controlled, and even prevented.

REGISTER FOR ANY OF THE FOLLOWING PROGRAMS AT:

K-State Research and Extension is an equal opportunity provider and employer.