

“Have a Hassle-Free Holiday”

Purdue Extension in cooperation with the LaPorte County Extension Homemakers hosted How to Have a Hassle-Free Holiday Retreat at LaPorte County Red Mill County Park. Thirty-two people enjoyed workshops, walking among the colorful trees, and sharing a delicious meal with others. Lake, LaPorte and Porter county extension educators provided tips for hassle-free holidays in three workshops: ***Life is Short, Wear Your Party Pants, Casseroles the One Dish Meal, and Beware of Credit Traps. Walking for the Health of It*** was presented by Lynn Zeiler, wellness coordinator from LaPorte Regional Hospital who led the group in a short walk and provided walking tips. Participants received three educational lessons to present to their clubs and increased their knowledge of human relationships, basic personal financial management, the importance of financial goals, the link between nutrition and health, safe food preparation and storage, and the link between physical activity and health.

If you or your organization are interested in learning more about how to have a hassle-free holiday, contact

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