

Agents Teach	August	September	October	November	December	January	February	March	April
Clubs Teach	<i>September</i>	<i>October</i>	<i>November</i>	<i>January</i>	<i>No lesson</i>	<i>February</i>	<i>March</i>	<i>April</i>	<i>May</i>
Instructor	TEAM	Alethea Bruzek	Kayla Lunsford	Tara Duty		Karli Giles	TEAM	Carla Carter	TEAM
Lesson Title	Area Chair/Officer Training in Boyle	Mindfulness	Cast Iron Cooking	Makeup Basics		Transferring Cherished Possessions	Savor the Flavor and Breadmaking	Basic Technology	First Aid in Franklin Co
DUE BY	July 31st @ 4:30PM	August 31st @ 4:30PM	September 29th @ 4:30PM	October 31st @ 4:30PM		December 29th @ 4:30PM	January 31st @ 4:30PM	March 29th @ 4:30PM	April 30th @ 4:30 PM

**Enrichment
Activity**

Description

New to KEHA? Or are you taking on new leadership roles for your club or county? This seminar will help you transition into your position with ease. Open to all Ft. Harrod Area Homemakers- officer or not- to learn essential skills for a successful KEHA year.

No one is immune to feeling and experiencing stress. Chronic stress can have negative health effects on the body and brain. Mindfulness techniques can be a healthy habit to manage and reduce stress and lead to better mental and physical health. This lesson will introduce participants to a variety of mindfulness techniques to help find something that works for you.

about cooking outdoors (and indoors) with cast iron! This session will focus on learning techniques for enjoying outdoor cooking in a safe and healthy way. Learn more about a basic outdoor cooking kit as well as improvised low-cost cooking methods. Outdoor cooking is great for recreation but is also useful in emergency preparedness situations such as the recent floods in eastern Kentucky and tornados in west Kentucky.

Confused on how to apply makeup the right way? Or are you unsure what products will work best for you? This lesson will help you identify your skin type and what products will work best for you! Plus, you will learn professional application tips for a flawless finish that will last all day!

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.

know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store — or they may be already

Mobile apps, podcast, social media, and smart devices are advances in 21st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology.

Are you ready for an emergency? Having first aid skills can be extremely helpful in a variety of situations one may find themselves in. This lesson will provide participants with some skills, tools, and knowledge about providing first aid.