



EXTENSION

1890 LAND-GRANT INSTITUTION



United States Department of Agriculture
National Institute of Food and Agriculture

The Best You in 2022!

Virtual Workshop Series

Beating the Winter Pandemic Blues

Recharge yourself this winter by "unplugging" and beating the blues with exercise and humor.

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

Tuesdays

January 11th - February 1

Register at bit.ly/beatwinterblue

Diabetes Empowerment Education Program (DEEP)

Learn ways to manage Diabetes and Pre-Diabetes.

11:00 a.m. - 1:00 p.m.

Tuesdays

January 11 - March 1

Register at bit.ly/csueDEEP

Life History Writing Workshop

This Lifestory writing series teaches the importance of sharing life histories as a form of life review and leaving a legacy for your family members.

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

Tuesdays

February 8 - March 29

Register at bit.ly/lifehistory1

Mindful Mondays with Stacey

Turn your Manic Mondays into Mindful Mondays and start the week ready to meet your challenges in a better frame of mind.

9:00a.m. - 9:30a.m. Mondays

January 3 - February 28

Join us on Facebook Live at facebook.com/CSUEnortheast

Diabetes Empowerment Education Program (DEEP)

Learn ways to manage Diabetes and Pre-Diabetes.

1:30 p.m. - 3:00 p.m.

Thursdays

January 13 - March 3

Register at bit.ly/csuedeep2

Freedom From Smoking (FFS)

A group tobacco cessation program designed to support you or your loved ones quitting smoking.

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

Thursdays

January 6 - February 10

Register at bit.ly/smokingfreedom

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