

# 2018 TOTAL WELLNESS SERIES

Our 2018 Total Wellness series will focus on physical, mental, and financial health. The sessions are designed to inform attendees of the various aspects of wellness, which include hypertension, financial wellness, nutrition, and stress management. These interactive sessions will focus on information and solutions to help you be and feel your best.



Four free sessions will be offered:

February 27: *Estate Planning*

May 15: *Healthy Food Spiral*

September 11: *Hypertension--Healthy Living*

November 27: *Stress Relief for Caregivers*

Lunch, Presentation & Door Prizes: 12:00 – 1:00 p.m.  
Pre-Registration is required at 478-289-2464.

Enrollment limit: 20

Hope to see you at  
this year's sessions!

At each session, participants will have a chance to win a \$25 gift certificate from Sweet Tea Grille at the Mill.

Participants attending all 4 sessions will be entered into a drawing to win a gift card from Wal-Mart.

## Sponsored by:



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Normal Hours of Operation  
Monday - Friday: 8 a.m. – 5 p.m.  
Other times by appointment



FEBRUARY  
2018



JEAN D. SCHWABE,  
DIRECTOR

### OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Studie A. Fulford Community Learning Center will develop individual capacity and improve the quality of life for Swainsboro and Emanuel County.

### OUR GOALS

Education  
Civic Engagement  
Hospitality



HAPPY FEBRUARY!

### MESSAGE FROM THE DIRECTOR

Our 2018 Total Wellness series begins this month, and I hope you will plan to join us. Our first session will focus on financial wellness. The presentation is *Protecting the Family Jewels: Estate Planning* and is scheduled for Tuesday, February 27, at noon. The four-part series is free and is made possible through a partnership with UGA Extension, Emanuel Medical Center, Queensborough Bank, East Georgia Healthcare Center, East Georgia State College, and Sweet Tea Grille at the Mill. Lunch, a presentation, and door prizes are provided at each session. Enrollment is limited to 20, and registration is required. We hope to see you on the 27th!

### UPCOMING EVENTS

- February 1, 6, 8, 20, 22, 27---Bobcat Buddies Tutoring/Mentoring
- February 3---Miss EGSC Scholarship Pageant Interviews & Judges' Dinner
- February 5---DEA 1st & 2nd Grade Planetarium Visit
- February 6, 13, 20, 27---EGSC/Area Chess Club
- February 12---Glad Garden Club Meeting
- February 17---Genealogy Workshop
- February 21---CSRA RESA Board of Control
- February 22---Emanuel County Family Connection Collaborative Meeting
- February 23---Thomas Jefferson Academy Pre-K Planetarium Visit
- February 24---Sherman's March Tour Orientation
- February 27---Total Wellness Series, Part 1  
Hearts for Families/Step Up Meeting
- February 28---21st Century Leaders Workshop

## SERVSAFE MANAGER CERTIFICATION TRAINING SET FOR MARCH 13 & 14

This nationally-recognized course is certified through National Restaurant Association Educational Foundation and includes:

- The course book, ServSafe® Manager, Sixth Edition. (This is the only acceptable book for this course.)
- Twelve hours of instruction by an experienced ServSafe® Certified instructor from The University of Georgia Cooperative Extension.
- Upon passing the exam, participants will receive a ServSafe® Food Protection Manager's Certificate from the National Restaurant Association.

Passing this course will also meet the Georgia Department of Public Health and Georgia Department of Agriculture certification recommendations for store, deli, and kitchen managers.

For more information or to register, contact Marnie Dekle, UGA Extension Agent at 912-237-1226.



## DR. DERDEN TO CONDUCT SHERMAN'S MARCH TOUR

John K. Derden, Professor Emeritus of History at East Georgia State College, will conduct his annual tour of sites associated with Sherman's March through East Central Georgia on Saturday, February 24, 2018. The tour will also include a visit to the site of Camp Lawton, the Confederate POW camp located on the grounds of Magnolia Springs State Park north of Millen.

Participants will gather at 9:00 a.m. for a pre-trip orientation at the Fulford Center. Lunch and transportation will be provided for the day, and the tour should return to the Center by 6 p.m.

Sponsored by the Office of Institutional Advancement at East Georgia State College, the tour fee (which includes all expenses) is \$80 per person. EGSC students are \$10 per person. Registration deadline is February 21. If interested, please call Marsha Moore at (478) 289-2193 to reserve a seat.



## 2018 TOTAL WELLNESS SERIES TO BEGIN FEBRUARY 27

No matter your age or income, planning for the future is crucial in today's world and is essential in providing for loved ones. Unfortunately, estate planning is an often overlooked part of financial wellness, and it is estimated that 56% of Americans do not have an up-to-date estate plan. The first session of the 2018 Total Wellness Series, *Protecting the Family Jewels: Estate Planning*, is scheduled for February 27, at noon, at the Center. The session will cover basics of estate planning and will help participants understand what estate planning is and why it is such an important part of financial wellness.

The session is FREE and is made possible through a partnership with: East Georgia Healthcare Center, East Georgia State College, Emanuel Medical Center, Queensborough Bank, UGA Extension, and Sweet Tea Grille at the Mill. Lunch, a presentation, and door prizes will be provided. Enrollment is limited to 20, and registration is required.

If you have questions or would like to register, please call the Center at 478-289-2464.



## CORPORATE MEETINGS

If your business or organization is in need of a meeting place for a workshop or retreat, give us a call. The Fulford Center can accommodate up to 60 participants in the multifunctional classroom and up to 30 participants in the Resource Library. All your IT needs, including WI-FI, are available for your workshop. We also offer first-class catering.

## LEAVE A LEGACY

Please consider the Sudie A. Fulford Community Learning Center when you are honoring or memorializing family and friends through the East Georgia State College Foundation. The Foundation is a 501(c)3 non-profit organization.

All gifts are tax deductible to the extent approved by law.

Contact Elizabeth Gilmer at 478-289-2037 for more information.