



Thank you for your services to the Fulford Center!

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LEAVE A LEGACY

When you are honoring or memorializing family and friends, please consider making a donation to the Sudie A. Fulford Community Learning Center 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 289-2037 for more information.



FULFORD CENTER STAFF
 Jean Schwabe, Director
 Erin Youmans, Magnolia Midlands
 GYSTC Coordinator
 Tammy Durden, Administrative Assistant
 Malanie Jackson, Work-Study Student

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



FEBRUARY 2015

OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Sudie 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



JEAN D. SCHWABE
 DIRECTOR



SUDIE A. FULFORD
 COMMUNITY LEARNING CENTER

HAPPY FEBRUARY!

Message From The Director

As Fulford Center Director, it is rewarding to meet people of all ages who come and go each week and who are benefitting in some way, because we are here. We have lots of activities planned in February and hope you will plan to join us during the month.

Don't hesitate to contact us if you are planning a meeting, workshop, or any other special event. With goals to educate, engage the community, and demonstrate hospitality toward our visitors, the Fulford Center stands ready to assist you!

UPCOMING EVENTS

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| February 5 Ogeechee Day Services Planetarium Visit | February 23-26 ...SAT Math Review |
| February 9 Glad Garden Club Meeting | February 25 CSRA RESA Board of Control Meeting |
| February 10 How to Start a Business Workshop | February 25 Department of Behavioral Health & Developmental Disabilities Site Visit |
| February 11 City of Swainsboro/Emanuel Co. Department Head Retreat | February 26 Georgia Cyber Academy Meeting |
| February 12 Diabetes Total Wellness Series, Part 1 | February 28 Sherman's March Tour Orientation |
| February 13 GSU Partnership for Rural Health | February 28 Miss EGSC Interviews & Judges Dinner |
| February 17 African Male Initiative Meet and Greet | March 2-5 SAT Critical Reading/Writing Review |
| February 18 Emanuel County Schools Literacy Team Meeting | March 2 EGSC Phi Theta Kappa Induction Ceremony |
| February 19 AARP Smart Driver™ Training | March 3 Washington County PREP |
| February 20 GDOE School Improvement Regional Meeting | March 5 Fulford Center Advisory Board Meeting |
| February 21 EGSC Science Olympiad | |



AARP SMART DRIVER™ TRAINING TO BE OFFERED

AARP Real Possibilities

The AARP Smart Driver™ Training is scheduled for Thursday, February 19, from 9:00 a.m. until 3:00 p.m. The cost is \$15 for AARP members and \$20 for non-members. Many automobile insurance carriers provide discounts to those completing the training. Participants will receive a course completion certificate which is valid for three years. AARP instructor, Steve Flowers, will conduct the class.

Participants are asked to bring a sack lunch to the training. Registration is required. Contact the Center at 289-2464 to register.

SAT Review Reminder!



The SAT MATH Review will be held February 23-26
The SAT CRITICAL READING/WRITING Review will take place March 2-5

Both reviews will run from 4:00 p.m. until 6:00 p.m. each day. The fee is \$10 for one week or \$15 for both weeks. Students will receive a test review packet and sample test sections, and they should see their school counselor to register. Individuals may also contact the center to register.



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 70 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.

DIABETES TOTAL WELLNESS SERIES SLATED

More than 1,000,000 adults and children in Georgia suffer from diabetes. We are very excited to partner with East Georgia Healthcare, Emanuel Medical Center, Emanuel Partnership for Health, UGA Extension, and WellCare Health Plans to provide an insightful series focusing on diabetes management. Four free sessions are scheduled throughout 2015. Individuals attending three of the four sessions will receive a free diabetes screening. Lunch will be provided, as well as cooking demonstrations. Each session begins at noon, and pre-registration is required.

The four sessions to be offered include:

- February 12..... You Can Still Eat the Foods You Want**
- May 14 Motion's the Potion: How Activity Heals**
- September 10.... Risk Control for Heart Attack and Stroke**
- November 12 How to Limit the Damage Diabetes Can Do**

Each session is limited to twenty participants. Contact the Center to register.

Lunch and presentation: 12:00 – 1:00 p.m.

Pre-Registration is required at 289-2464.

Enrollment limit: 20

Participants attending 3 of the 4 sessions will receive a FREE diabetes screening.



SPONSORS:

