2017 TOTAL WELLNESS SERIES SLATED

Have you made a commitment this year to make smarter, healthier, and more informed decisions regarding a healthy lifestyle? Join us for this series to learn simple, effective strategies that can transform your life. Feeling AWESOME every day is possible, but it doesn’t just happen. Our presenters will show you how to make it FUN (and sometimes ADVENTUROUS!).

Four free sessions will be offered:

February 28
May 9
September 12
November 14

Lunch, Presentation & Door Prizes: 12:00 – 1:00 p.m.
Pre-Registration is required at 289-2464.
Enrollment limit: 20

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:

At East Georgia State College

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FULFORD CENTER STAFF

Jean Schwabe, Director
Erin Youmans, Magnolia Midlands GA Youth
GYSTC Coordinator

Phone: 478.289.2464
Fax: 478.289.2465
Email: jschwabe@ega.edu
Normal Hours of Operation
Monday - Friday: 8 a.m. – 5 p.m.
Other times by appointment

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

MESSAGE FROM THE DIRECTOR

Our 2017 Total Wellness series begins this month, and I hope you will plan to attend one or all four of the sessions. Our first session, Fit as a Fiddle: Mind and Body, is scheduled for Thursday, February 28, at noon. The four-part series is free and is made possible through a partnership with UGA Extension, Emanuel Medical Center, Emanuel Partnership for Rural Health, 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. If you have questions or would like to register, please give us a call at 289-2464. We hope to see you on the 28th!

Happy February!

UPCOMING EVENTS

February 2, 7, 9, 21, 23, 28—Bobcat Buddies Tutoring/Mentoring
February 4—Miss EGSC Scholarship Pageant Interviews & Judges’ Dinner
February 7, 14, 21, 28—EGSC/Area Chess Club
February 9—Emanuel County Family Connection Meeting
February 10—GSU Partnership for Rural Health EGSC Faculty Workshop
February 13—Glad Garden Club Meeting
February 16—Trane Lunch and Learn
February 22—CSRA RESA Board of Control
February 23—Twin City Elementary OUTLOOK Planetarium Visit
February 24—Trenton County 4th Grade Planetarium Visit Vision 2020 Meeting
February 25—Sherman’s March Tour Orientation
February 28—Total Wellness Series
SERVSAFE MANAGER CERTIFICATION TRAINING
SET FOR MARCH 22 & 23

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.

EMANUEL COUNTY INSTITUTE 21ST CENTURY LEADERS
TAKE PART IN ROUND TABLE DISCUSSIONS

A very impressive group of Emanuel County Institute students recently took part in a series of informative round table discussions with local business and postsecondary education leaders. 21st Century Leaders is a collaboration of business and professional leaders inspiring high school students to take on leadership positions, explore career opportunities, and give back to their communities.

Representatives from Nordson, Emanuel County Sheriff’s Department, East Georgia State College, and Southeastern Technical College participated in the discussions. Bob Watson, Executive Director of 21st Century Leaders, Inc., facilitated the sessions. Elizabeth Kraus, ECI Counselor, serves as the school’s 21st Century Leaders Coordinator.

SOME OF OUR JANUARY VISITORS

What a fun month we had with students from Edmund Burke Academy, Thomas Jefferson Academy, and Wadley Head Start!

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.

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 289-2037 for more information or assistance.

EDMUND BURKE ACADEMY

THOMAS JEFFERSON ACADEMY

WADLEY HEAD START

LEAVE A LEGACY

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