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

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.

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!

Happy February!

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 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
February 28—21st Century Leaders Workshop

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

Sponsored by:
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.

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.

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.