

Learning Sessions

1. Breast Cancer Awareness – Kristi Armstrong – Cost: \$5.00

Program will be on early breast cancer detection highlighting Kristi's own personal story and prevention. Participants will receive Kristi's book [A Clean Heart & Spare Parts](#). The book is Kristi's journey through breast cancer. Any person who is facing cancer or any other threatening disease will be greatly encouraged and enlightened with Kristi and her presentation. Those whose friends or loved ones are facing health problems such as cancer will also profit greatly from reading Kristi's book. Kristi Armstrong lights up a room and brightens her corner of the world. Wherever she goes she spreads cheer. Her radiant smile radically alters the atmosphere of any group into which she enters. She is one of the most positive people that you will ever meet. McNairy County FCE will also share Breast Cancer Kits that Kristi distributes to mastectomy patients.

2. What's In Your Purse – Rita J. Casey, Extension Agent McNairy County – Cost: FREE

Ever wonder what you must carry in a purse or wallet? Are you doing everything possible to protect yourself from identity theft? What would you do if your wallet was lost or stolen?

Let's ponder on the contents of your purse. This presentation is not designer handbag advice. You don't need a Coach purse or a Louis Vuitton wallet to take simple steps to minimize your risk, stress, and liability when faced with identity theft. Besides, you may just find that carrying less junk in your handbag can save you big bucks!

3. Acrylic Post – It Note Holder – Martha Reed – Cost: \$3.00—limit 24/class

Turn a 3.5 X 5 acrylic photo frame on its end and use colorful paper to make a cute desk accessory along with a matching pen. These make nice gifts to show your appreciation to teachers, friends, etc.

4. Better Business Bureau – Randall L. Hutchinson - FREE

Consumer fraud is one of the fastest growing crimes in the U.S. One role of the BBB is to help people avoid becoming a victim. Consumer fraud is becoming more sophisticated every day. This session will make participants more aware of the many different types of consumer frauds and the different types of scams so that they will not become a victim. It is important to take action to protect your information and identity.

5. Trash Talks – Gina Nash – FREE

Did you know? The average family in the United States uses 90 pounds of steel cans a year. Each person throws away 4.5 pounds of trash every day. How long will trash last? This interactive learning session will focus on the trash decomposition timeline. Participants will learn the three R's and "Closing the Loop".

6. German Bell – Roberta Robertson - Cost: \$5.00—limit 20/class

Dyer County leaders Roberta Robertson and Shirley Pilkenton will lead you as you create a beautiful German fabric folded bell. Bells are rung on Christmas day to announce the birth of the Christ Child. This beautiful fabric bell with a hand beaded clangor is simple to make and will be a welcome addition to your holiday decorations. With the instructions, you'll be ready to create bells as gifts or to match your holiday decor. Get creative!

7. Culinary Arts for Everyday Cooks – Cost: \$50.00—limit 40 participants

A two hour "hands on" session to learn practical culinary skills that will help you prepare healthy and flavorful dishes that taste good. You will learn quick-and-easy preparation techniques that will make you a chef in your own home. Session will include: Eye Appeal: Food Plating and Presentation, Knife Skills; Demonstration and Practice: A Work of Art: Savory Dishes in Minutes. Culinary Arts for Everyday Cooks is a joint project of the UT Culinary Institute and UT Extension. Extension Agents conducting the sessions have received a Certificate of Completion in Culinary Arts.

Learning Sessions Registration

Tuesday, November 10, 2009

You must pre-register for these classes by September 20, 2009. Do not send money; however, you will be expected to pay if you do not attend or fill your spot if there is a charge for the session.

Please select your 1st, 2nd, 3rd, and 4th choices. Classes will be filled on a first received basis. Culinary Arts for Everyday Cooks is a two hour session and will count as two sessions.

- _____ Breast Cancer Awareness
- _____ What's In Your Purse
- _____ Acrylic Post-It Note Holder
- _____ Better Business Bureau
- _____ Trash Talk
- _____ German Bell Ornament
- _____ Culinary Arts for Everyday Cooks

Mark your selections, and mail this form **by September 20, 2009** to:

Barbara Isbell
130 Overlook Drive
Finger, TN 38334

Name: _____
Address: _____
City; State; Zip: _____
Email: _____

County: _____
Region: _____
Phone: _____