

## What is FCH?

Texas A&M's AgriLife Extension's Family and Community Health (FCH) unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities



## How can FCH serve you?

FCH Agents partner with local organizations to provide education related to general health, wellness, physical activity, food safety, passenger safety, financial management and more! Many programs are no or low cost to participants. Programs can be adapted to your schedule: provided one time, short term or long term depending on your needs and interests.



## Contact Us

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TEXAS A&M  
**AGRI LIFE**  
EXTENSION

# Wise County



## FAMILY & COMMUNITY HEALTH

PROGRAM GUIDE



## NUTRITION

- Dinner Tonight program is for busy families with quick, healthy, cost effective recipes that taste great. Not only does the Dinner Tonight program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.
- Cooking Well Series is a cooking school and provides three interactive classes full of research-based information and healthy recipes. The following programs are available: Cooking Well with Friends, Cooking Well with Culture, Cooking Well with Diabetes and Cooking Well for Healthy Blood Pressure.
- Single general nutrition programs are offered on various topics to help educate families on making healthy choices.

## CHRONIC DISEASE MANAGEMENT

- Do Well Be Well With Diabetes is a five week series to help people with type 2 diabetes learn how to manage their blood glucose through basic nutrition and self-care management.
- Do Well Be Well with Hypertension is a five week series to help individuals understand the DASH eating plan and how it may help in reducing blood pressure through food and self-care practices.

## PHYSICAL ACTIVITY/WEIGHT CONTROL

- Walk Across Texas! is a FREE, 8 week program designed to help Texans establish the habit of regular physical activity. Since 1996, thousands of Texans have participated in this program.

## MENTAL HEALTH & WELLNESS

- Mindful SELF is a five week series designed to help people practice mindfulness by paying attention to triggers which can lower stress and reduce symptoms such as worry, depression and physical tension.



## FOOD SAFETY MANAGEMENT

- Food Manager Certification training course is designed to prepare food service managers to pass the certification examination required by the Texas Department of State Health Services.
- Food Handlers Certification Course is accredited with the Texas Department of State Health Services and allows food service employees, cottage food business operators or others to meet the requirement of having a food handler or food safety course.



## FOOD PRESERVATION

- Pressure Canner Testing is a complimentary service provided to ensure that your gauge is calibrated properly.
- Canning classes provide participants learning opportunities in how to safely preserve foods at home, reaping the rewards of a bumper garden crop.

## HEALTHY AGING

- Master of Memory encourages participants to recognize that they can impact their memory function, evaluate their own memory function, identify factors that may enhance or detract from their memory function and find ways that may help address some of those factors.
- A Matter of Balance program focuses on fall risk reduction and provides highly effective ways to make slight modifications to the home environment to reduce the risk of falling.

### Adult Program Audience

Single programs last from 30-60 minutes. Program series are 3-6 sessions lasting from 45-60 minutes. Some programs will have a small registration fee.

Call 940-627-3341 for more information



## CHILDREN & FAMILIES

- Families Reading Every Day (FRED) is a family literacy program designed to increase parental involvement in children's early literacy development, with a specific focus on fathers.
- Child Care Provider Training online courses and opportunities for child care professionals seeking to fulfill state mandated training requirements or obtain hours toward the Child Development Associate (CDA) National Credential.
- The Child Passenger Safety Project works to reduce deaths and injuries from motor vehicle crashes by increasing the use of child restraints and safety belts. The project's emphasis is on increasing the correct use of child safety seats across Texas.



## YOUTH 4-H AUDIENCE PROGRAMS

- Food & Nutrition
- Cooking Classes
- Summer Camps
- Consumer Decision Making
- Food Challenge
- Public Speaking
- Fashion & Interior Design