

Purdue Extension & Fort Wayne Housing Authority (FWHA) Present:

~ POWER HOUR THURSDAYS ~

The month of April ~ 4:00 pm - 5:00 pm

Kidane Amare Sarko, Health & Human Science Educator with Purdue Extension lends insight & support for everyday challenges faced by Allen County citizens.

Workshops will be held Thursdays in April from 4:00 to 5:00 pm. Q & A sessions will follow each presentation. To participate, join **Meeting ID: 820 5308 7585 (Passcode: 793211)** at:

<https://us02web.zoom.us/j/82053087585?pwd=dE5BakIVdTVkWnU4S0ovcC9FWWljdz09>

Hypertension Prevention and Management:

Thursday April 1, 2021 4-5pm

Hypertension is a silent invisible killer rarely causing symptoms. Join us to learn more about hypertension prevention and control.

Food and Mood:

Thursday, April 8, 2021 4-5pm

Our mood is regularly impacted by the food we eat. Have you ever felt hangry? Join us for this introduction to understanding how food & mood influence each other & learn ways to make healthy diet choices and avoid emotional eating.

Understanding the Opioid Crisis:

Thursday April 15, 2021 4-5pm

We, as a culture, want to start changing the way we think and talk about substance misuse. This session provides guidance for how we talk about it with our healthcare providers, our friends and families, and our coworkers.

Building Credit and Understanding Credit Basics

Thursday April 22, 2021 4-5pm

Credit is the ability to borrow money now and pay it back later. Learn more about building credit and how to maintain a good credit history.

Identity Theft - What You Need to Know


Thursday April 29, 2021 4-5pm

It has become more and more common for people to have their identity stolen, causing great concern for one's financial security. Join us to learn about the process for correcting a stolen identity, as well as how to stay Scam Safe.

*We look forward
to your participation*

Questions, contact Kidane Amare Sarko, at 260-481-6826 or ksarko@purdue.edu.

 Purdue Extension Allen County

 Fort Wayne Housing Authority



Extension - Allen County



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