

Lessons for LIVING

a free webinar series
from University of
Illinois Extension's
Family and Consumer
Sciences team.



Webinars

Five Flavors: How the Palate Changes

Feb 2 10-11 am

How does our palate change through our lifecycle? Learn about the five senses, the process of aging, and the connection between smell and taste. What are some ways to enhance flavor using color and spices? What is behind the psychology of taste?

Building Resiliency in Yourself and Your Organization

March 23 2-3 pm

Every one of us has been challenged by a tough situation sometime in our lives. We have witnessed highly resilient people that have the ability to adapt, recover and grow stronger from difficult situations. In this lesson, learn what characteristics resilient people and organizations possess that help them create opportunities from challenges, and how YOU can also nurture and strengthen your resilience.

How to Save on Travel

April 15 2-3 pm

Travelling across the state or around the world offers many opportunities for fun, and spending money! Join us in discussing ways to be a savvy traveler including how to manage your finances efficiently and safely while traveling.

Healthy Behaviors for a Healthy Immune System

May 20 2-3 pm

We want to do all we can to protect ourselves from becoming ill. A healthy immune system gives the body a layer of protection. While no one food or healthy lifestyle behavior can prevent illness, you can help boost your immunity with a healthy balance of nutrient-rich foods, adequate sleep, physical activity and managed stress. Join us to learn the steps you need to take to build a strong immune system.

Medical Identity Theft

June 8 10-11 am

Medical identity theft can be a real burden if it happens to you. A thief may use your name or health insurance number to get care for themselves. This program will help you detect signs of medical identity theft, protect your medical information and what to do if you notice mistakes or find out your identity has been used.

Five Flavors: How the Palate Changes (repeat)

July 8 2-3 pm

Understanding the Impact of Adverse Childhood Experiences

Aug 19 2-3 pm

Recent research has revealed that Adverse Childhood Experiences (ACES) can cause a lifetime of health consequences; from not being able to sleep soundly as an adult, to difficulty concentrating, anxiety, depression, and physical health problems. Discover how ACES impacts you, your family and your community and what you can do to help.

Healthy Behaviors for a Healthy Immune System (repeat)

Sept 9 10-11 am

How to Save on Travel (repeat)

Oct 14 10-11 am

Building Resiliency in Yourself and Your Organization (repeat)

Nov 9 10-11 am

Contact your local Extension
office for previous lessons.

For additional information,
contact **Karla Belzer**
(815) 632-3611
kbelzer@illinois.edu

Register for webinars at least one week in advance
go.illinois.edu/2021HCELessons



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN