

Reset, Refocus and Recharge with our new free series!

Register once and attend any or all classes in this free series. ★

Jan. 14: Community Gardens and Health

Instructor: Leif Albertson

Community gardens can be a source of fresh vegetables that support a healthy diet. In this presentation we will discuss the viability of gardening as a health intervention. By looking at both the benefits and challenges of local gardening, we will explore how gardening can contribute to a healthy lifestyle.



Jan. 21: Diabetes Prevention & Rethink Your Drink

Instructors: Melissa Clampitt & Taylor Sharman

One out of three American adults has prediabetes, and 9 out of 10 people with prediabetes don't know they have it. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes. The Prevent T2 Diabetes Prevention Program is a lifestyle change program to help you lose weight, become more physically active and reduce stress. Not sure if you have prediabetes or are at risk? Join us to learn more...

Ever wondered where your tap water comes from? Want to know what's really in those popular drinks? Need some healthier drink options? We will cover this and more in a 15-minute info session presented by Taylor Sharman, nutrition educator with Expanded Food and Nutrition Education Program.

Jan. 28: Healthy Homes, Healthy Residents:

Instructor: Art Nash

Environmental factors can influence an Alaskan's internal, body health as well as their overall well-being. When their home, which they may be spending 90% of their time in, is kept dry, clean, safe, well-ventilated, pest-free, contaminant-free and well-maintained and thermally controlled, then the environment will be a healthy one for its residents. Learn about each of these eight aspects in this session to then apply to your own living area.

Feb. 4: Indoor Air Quality and Health

Instructor: Leif Albertson

The air we breathe inside our homes can have a direct effect on our health. Unique factors such as climate, home construction and personal habits affect air quality. In this presentation we will discuss air quality concerns for Alaska homes and how to mitigate them.

Feb. 11: Stress and You
Instructor: Linda Tannehill

Stress, most of us experience it at times. The amount and type of stress can affect our well-being. It is important to learn, practice, and determine stress reducing techniques that work for you.

★ Feb. 18: QPR (Question, Persuade, Refer): Suicide Prevention
Instructor: Candi Dierenfield

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training in the world. **This class is limited to 30 participants and requires a separate registration.**

Feb. 25: Ways to Move with Essentrics
Instructor: Helen Lindemuth

Kids and adults need to move everyday. Exercise is a powerful tool for both our physical and mental well-being. Try this gentle yet effective technique to get energized in a safe, fun, and positive way while gaining body awareness, and improved mobility and strength.

March 4: Nutrients, Foods & Habits to Help the Immune System
Instructor: Leslie Shallcross

Registered dietitian, Leslie Shallcross will discuss nutrients, foods and lifestyle habits to keep the immune system as strong as it can be.

March 11: Veggie Slam: A Week of Vegetables in One Hour!
Instructor: Sarah Lewis

When you make a plan, you are always one step closer to success. So, if you have all your vegetables ready for the week? You're more likely to eat the veggies we all need for lifelong nutrition! In this class, you will prepare vegetables (and whole grains) for 5 dinners (and some raw veg snacks) for the upcoming week. We will slice, dice, steam, roast, and refrigerate our veg for the week. If you want to cook along with Sarah, have your kitchen and 5-10 of your favorite vegetables ready, as well as some whole grains like quinoa, farro, barley or brown rice.

March 18: Rhodiola ... the Beneficial Adaptogen
Instructor: Steve Brown

Rhodiola rosea (roseroot) is native to the Altai Mountains of Siberia. The plant has many uses, but is primarily used as a nontoxic substitute for caffeine. For most, this herb helps users adapt to physical stress. It was considered a Soviet Union military secret during World War II. UAF is conducting research on how best to cultivate this highly lucrative crop.