**2019 FCS Annual Lesson Series**

**Build Intercultural Relationships to Better Understand Your Neighbor -** *Debra Bolton and Charlotte Olsen*

Often we do not understand those who live around us. Do we judge the little girl who lives down the street because she wears no shoes and her hair is “messy”? Do we know her story? This lesson explores ways in which our implicit biases affect, color, or give us a standard by which we look at the world and those around us. The Human Ecological Model frames this lesson as a way for us to understand how we come to view the world and our environments. Points for discussion and the Logic Model ground this lesson for evaluation of its effectiveness.

**\*Choose Wisely: Your Health Depends On It -** *Barbara Ames*

The good news is that healthy eating is not about strict rules and diets, but more about changing ways of thinking about food and learning to make informed choices that promote health and disease resistance. After all, healthcare decisions are not just made at the doctor’s office or hospital. True healthcare decisions are made wherever food and physical activity choices are made.

This lesson would be an update of an FCS lesson (MF2826) that I wrote and was published in 2008. I still get requests for it but it needs to be revamped. With the current increasing emphasis on preventative healthcare, I think this lesson which features numerous comparison charts to help get the points across, would be a good fit for a 2019 FCS lesson.

\*FCE Lesson

**\*Everyday Mindfulness -** *Charlotte Shoup Olsen, Donna Krug, Debra Bolton*

Mindfulness is described as an awareness of the present moment. Consensus is emerging that it can help to calm you down, relieve stress, improve physical health, and improve mental health. It also can help you to be less judgmental. Simple mindfulness exercises will be introduced that can be incorporated into everyday living.

**\*So Now What…? Managing Life After Retirement** - Erin Yelland and Adult Development and Aging PFT

When individuals begin thinking about retirement, their thoughts generally revolve around their financial capability to do so. However, retirement can bring more challenges and opportunities than finances. This lesson will discuss the social implications of retirement and things to consider before and after you retire, as well as give tips on how to stay active and engaged after your work duties have ended.