

Lake County—Purdue Extension Educational Programs & Descriptions

- ◆ These no cost programs are open to the public.
- ◆ Register by contacting Diana Cook at the Extension Office, dmcook@purdue.edu or by phone 219-755-3240.

Asthma and Allergies: Breathe Easy

August 6, 2019—Purdue Extension-Lake County—12:00 P.M.

Allergies and asthma are a serious problem in the United States. Asthma affects more than 24 million Americans and allergies affect more than 50 million Americans. During this lesson, you will learn about the economic burden of these diseases as well as causes, symptoms, and treatments.

Indiana CBD Update

October 1, 2019—Purdue Extension-Lake County—12:00 P.M.

Indiana has recently updated laws surrounding CBD and its use in our state. CBD, or cannabidiol, is produced by the cannabis plant. This chemical compound does not produce a high, and may even have therapeutic benefits for chronic pain and post traumatic stress disorder. But is what we find at local stores or online safe? This lesson will explore:

- How CBD oil is made and who is regulating it
- CBD in Indiana – how it relates to Hoosiers and our health
- Which symptoms science suggests CBD may help with, and how CBD works with our brain
- CBD labeling and consumer safety. Is what's on the market safe?

Staying Sharp—Debunking Myths About The Aging Brain

February 4, 2020—Purdue Extension-Lake County—12:00 P.M.

Adapted from The Global Council on Brain Health recommendations for *Cognitively Stimulating Activities*, this program addresses several common myths related to the aging brain. We will examine these common myths and discuss why they are incorrect. We'll delve further into brain health as we discuss facts related to current research focused on learning and memory.

Staying Scam Safe

April 7, 2020—Purdue Extension-Lake County—12:00 P.M.

People all around the world are affected by scams every single day. This program will cover some common types of scams, provide you with proactive steps you can take to protect yourself and your information, and show you where you can go to report scams or frauds that have taken place.

Dollars & Sense: How We Misthink Money and How to Spend Smarter

June 9, 2020—Purdue Extension-Lake County—12:00 P.M.

Money management is a life challenge. Our irrational behavior often interferes with our best intentions when it comes to managing our finances. This program will explore a wide range of everyday topics from credit card debt and household budgeting to holiday sales. We will look at how our beliefs about dollars and cents are often wrong and cost us more than we know. We will also look at the unconscious fears and desires driving our worst financial instincts and how to improve our money habits.

If you are in need of reasonable accommodations to attend this program, please contact Linda Curley at 219-755-3240 or lcurley@purdue.edu two weeks prior to the program date.