



FCS

FAMILY AND
CONSUMER SCIENCES

2018 Conference
October 24-25
Columbus Airport Marriott

 THE OHIO STATE UNIVERSITY

Building Well-Connected Communities

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FAMILY AND CONSUMER SCIENCES

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state and county governments, and private grants. Programs emphasize “empowerment through education.”

AT-A-GLANCE

250+ Employees
Programs supporting 88 counties

Healthy Teams

- Finance
- People
- Relationships

15 Research Experts
Nutrition, finance and relationship specialists

436,272 / year
Community nutrition reach

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Thursday

OHIO STATE UNIVERSITY EXTENSION
2018 FCS Conference
Building Well
Connected Communities
FAMILY AND CONSUMER SCIENCES
October 24-25 • Columbus Airport Marriott

	Wallick I	St. Charles I	Deshler I	St. Charles II
10:45 to 11:30	Ana Bird - Changing the Landscape of Healthy Food Choices	Melissa Rupp, Whitney Gherman, Cindy Torppa - Strategic Doing	Suzanne Saggese, Patrice Powers-Barker, Amy Stone, Holly Ball - Connecting the Community to Extension via Sharing Gardens	Melanie Hart - Improving Coalition work within Extension
12:50 to 1:35	Kathy Goins, Nancy Lyons, Laura Halladay - Farmer's Market Kids Club	Heather Reister, Marie Economos, Stacey Baker - Extension's Role in Developmentally Appropriate Practice	Karima Samadi - Community Coaching	Elizabeth Husted, Alisha Ferguson - Social Marketing as a Strategy for Building Well-Connected Communities
1:40 to 2:25	Kathy Goins, Whitney Gherman, Patrice Powers-Barker - Creating Inclusive Programs for People with All Abilities	Caezilia Loibl, Michael Gutter - Master Money Mentor Updates	Ingrid Adams, Stacie Burbage, Danielle Seidita - Community Communications 101: Developing Your Cultural IQ	Joanna Fifner, Jim Bates, Lorrissa Dunfee, Jamie Dellifield, Misty Harmon, Treva Williams, Alisha Barton, Lesley Workman - Supporting Families in Divorce & Separation
2:30 to 3:15	Dan Remley, Glennon Sweeney - Serving up Change: A Food Ethics Workshop	Meghan Thoreau, Bob Horton, Patty House - PhysBot	Whitney Gherman, Kip Holley - Engage for Impact	Abby Snyder - The ins and outs of fermented vegetables: how to ferment safely and why it matters



WELCOME

Welcome to the 2018 FCS Fall Conference!

The well connected community illustrates how formal and informal networks strengthen and improve partnership working.

The Family and Consumer Science conference program theme, *Building Well Connected Communities*, is a continuation on a theme of our work as Extension professionals to be committed to transforming communities and people through genuine partnership, focusing on equity and inclusion, working with populations throughout the life span, balancing what works (evidence) and innovation (creating new pathways), all of which allows us to learn and grow together and creates a results-oriented movement of change and positive impact.

According to the partnership principles drafted by the OSU Office of Engagement, the theory of change states, “the complexity of societal challenges are best solved through meaningful partnerships representing a diversity of ideas and talents. These meaningful partnerships, which enhance



Pat Bebo

impact by promoting innovation and relevance, are built on fundamental principles.” Meaningful partnerships are the key to well-connected community engagement and the following principles create the foundation by which we create that change.

Awareness of partner needs associated with values, assets and challenges

Shared resources and responsibilities leveraging strengths for mutual benefit and collective impact

Accountability through evidence in practice and evaluation

Commitment to stewardship ensuring trust, compromise, efficiency and sustainability

Recognition of successes affirming the value of partnerships

Each and every member of our FCS Extension team forms the foundation on which we build meaningful partnerships, create high quality educational programs, teach skills that provide lifelong benefits, and report strong outcomes and impacts. We engage and educate local individuals to be the change agents in our communities. We partner with university and community organizations who have valuable experience, knowledge and skills.

FCS Extension professionals understand that the best way to design effective, relevant services and programs is to seek direction from the people who will be accessing them, and that the skills and knowledge of these individuals is complemented by the expertise and knowledge that Extension, as a whole, brings to the community. The result of this approach, is well connected communities that create a ripple effect that result in a culture of inclusion that engages community members and allows for the creation of healthy and vibrant communities across Ohio.

Please enjoy the conference, take time to network and learn from each other to foster meaningful partnerships in our own community of Extension within FCS and across Extension divisions. Each of you brings your own unique experience, knowledge and skills to this community and we can learn from each other to make our programs stronger to benefit the lives of the Ohioans we serve.

Pat Bebo, EHE Assistant Dean for Outreach and Engagement and Ohio State University Extension Assistant Director for Family and Consumer Sciences

COMMITTEE

Stacey Baker, *program specialist*, state office

Sarah Beaumont-White, *office associate*, state office

Bridget Britton, *Extension educator*, Carroll County

Whitney Gherman, *Extension educator*, Marion County

Deetra Huntington, *SNAP-Ed program assistant*, Madison County

Jessica Lowe, *SNAP-Ed program assistant*, Pickaway County

Amy Meehan, *program specialist*, state office

Anna Miller, *SNAP-Ed program specialist*, state office

Sarah Misiakiewicz, *SNAP-Ed program assistant*, Auglaize County

Jared Morrison, *event planner*, CFAES, state office

Alaina Niebauer, *program coordinator*, state office

Melissa Rupp, *Extension educator*, Fulton County

Amanda Rysz, *program specialist*, state office

Amanda Woods, *program specialist*, state office



PEOPLE

Building Well-Connected Communities

It has become increasingly clear that any effort to improve the quality of life of the people we serve must involve systems-level interventions that alter the context in which people live, work, and play. For example, knowledge of how to live a healthy life is simply not enough to produce the behavior changes needed to achieve optimal health. People need access to the community supports that make it possible for them to achieve their goals.



Roger Rennekamp

Well-connected communities do just that.

People who live in a well-connected community feel as though they are connected to a diverse social network that transcends the traditional barriers that separate people from one another. They are full of individuals who bring voice to those who are not often heard and resources to those who need them. They are characterized by a social fabric and collective moral responsibility for making sure that all people in the community have the opportunity to succeed.

So, what is Extension’s role in building well-connected communities? I believe it depends on the community. In some communities, it involves helping the community learn about itself and its needs. In other communities, Extension professionals have become community conveners who help build the networks that connect people to one another and the resources they need. They are the glue that holds the nodes of the network together. In others, our professionals are resource providers who provide access to the vast array of resources available through Ohio State, reaching back to campus to obtain the expertise that the community needs.

Over the next couple of days, I hope that you will continue to explore the role you will play in building well-connected communities. You will also gain new skills that you can use in whatever role makes sense for you in your community. Most importantly, take time to connect with the other members of your Extension family who share your passion for building a better world.

I wish you much success in your community building activities.

Roger Rennekamp, Associate Dean and Director, Ohio State University Extension

KEYNOTE

Thomas Quade – Health Commissioner, Marion Public Health

Thomas Quade is the immediate past president of the American Public Health Association. He is currently the health commissioner for Marion County, and has previously served as the deputy health commissioner for Summit County and the acting director of health for the city of Akron. His years of service at the Akron City Health Department also included positions as the epidemiologist and director of several divisions.



Thomas Quade

His public health mission is a consequence of his experiences as a United States Peace Corps volunteer in the Kingdom of Nepal. After earning his Masters of Public Health degree from Yale University in 1999, he worked for the World Health Organization at the end of the crisis in Kosovo. He returned to Ohio to care for his sister who lives with developmental disabilities when his mother passed away. That return was the beginning of his career in local public health practice. He also holds a community faculty position with the Northeastern Ohio Medical University’s Master of Public Health program.

Quade serves on the board of directors of the National Board of Public Health Examiners and has previously served on the board of the Foundation to Advance Public Health through Certification as well as numerous national public health advisory panels and workgroups, including some for the CDC, the Kresge Foundation, and the National Association of County and City Health Officials. Quade is a strong advocate for public health accreditation and, in addition to shepherding two health departments through the accreditation process and mentoring several others, he has chaired multiple site visit teams for the national Public Health Accreditation Board.

Public Health is a second career for Quade. In addition to his MPH, he has earned a master’s degree in counseling and worked for five years with families who had one or more children or adult children who live with developmental disabilities and were at risk of out of home placement. He also currently serves on the Board of the Summit County Board of Developmental Disabilities.

Wednesday, **October 24**

AGENDA

11:30-12:40

Registration

12:40-1:00

Welcome/Opening Remarks – Roger Rennekamp
(*Deshler I and Wallick I*)

1:00-4:00

Biometric health screenings / flu shots (*St. Charles III*)

SNAP-Ed

SNAP-Ed personnel (*Deshler I*)

1:00-3:00

Fad Diets, Amy Habig and Amy Hollar

3:00-3:10

Break

3:10-4:10

SNAP-Ed BCOP
(Building Capacity for Obesity Prevention)

4:10-4:40

Working with Master Gardener Volunteers to
Maximize Your Impact

4:40-4:50

SNAP-Ed Updates, Ana Claudia Zubieta

4:50-5:00

Navigating for Success Recognition

5:00

Adjourn • *Dinner on your own*

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National Extension Association of Family & Consumer Sciences (NEAFCS)
2018, San Antonio Marriott Rivercenter

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FCS

FCS personnel

1:00-1:45

Round Tables with promotion and tenure, county
stewardship model updates, county needs
assessments (*Wallick I*)

1:45-1:50

Transition break

1:50-2:50

Healthy Finances Meeting (*St. Charles I*)

Hands-on VITA help (*St Charles II*)

2:50-3:00

Transition break

3:00-4:00

Healthy Relationships Meeting (*St Charles I*)

Hands-on VITA help (*St Charles II*)

4:00-5:00

Healthy People Meeting (*St Charles I*)

Hands-on VITA help (*St Charles II*)

5:00

Adjourn • *Dinner on your own*

BIOMETRIC SCREENINGS and FLU SHOTS

October 24, 1-4 p.m. and October 25, 9 a.m. to Noon

At this year's conference, stop by the Marriott's St. Charles III room for your biometrics screening and/or flu shot (YP4H employees). For your health, it is important that you Know Your Numbers. By knowing your BMI, blood pressure, cholesterol and blood sugar (either glucose and/or A1C) values, you can make changes to improve your health and reduce your risk of developing heart disease, diabetes and other serious illnesses.



FINANCES

Thursday, **October 25**

7:30-8:30

Breakfast in the Upper Atrium

8:30-8:40

Welcome – Pat Bebo (*Deshler I and Wallick I*)

8:40-8:45

Key Values in Extension Award Presentation, CFAES Staff Advisory Council (*Deshler I and Wallick I*)

8:45-9:45

Keynote – Thomas Quade (*Deshler I and Wallick I*)

9:00-12:00

Portrait appointments (*Columbus I*)

Biometric health screenings / flu shots (*St. Charles III*)

9:45-10:45

Poster Session (*Upper Atrium*)

10:45-11:30

Breakout Session 1 -

- Changing the Landscape of Healthy Food Choices (*Wallick I*)
- Connecting the Community to Extension via Sharing Gardens (*Deshler I*)
- Strategic Doing (*St Charles I*)
- Improving Coalition Work Within Extension (*St. Charles II*)

11:30-12:45

Lunch (*Deshler I and Wallick I*)

12:45-12:50

Transition Break

12:50-1:35

Breakout Session 2 -

- Farmer’s Market Kids Club (*Wallick I*)
- How Developmentally Appropriate Practice (DAP) Impacts the Work of Extension (*St Charles I*)
- Community Coaching: Strengthening your Skills to Guide Community Change (*Deshler I*)
- Social Marketing as a Strategy for Building Well-Connected Communities (*St. Charles II*)

1:35-1:40

Transition break

1:40-2:25

Breakout Session 3 -

- Creating Inclusive Programs for People with All Abilities (*Wallick I*)
- Master Money Mentor Updates (*St Charles I*)
- Community Communications 101: Developing your Cultural I.Q. (*Deshler I*)
- Supporting Families in Divorce and Separation (*St. Charles II*)

2:25-2:30

Transition break

2:30-3:15

Breakout Session 4 -

- Serving up Change: A Food Ethics Workshop (*Wallick I*)
- PhysBot Personal Fitness Craze (*St Charles I*)
- Engage for Impact (*Deshler I*)
- The ins and outs of Fermented Vegetables: How to Ferment Safely and Why it Matters (*St. Charles II*)

3:15-3:20

Transition break

3:20-3:30

Closing Mindfulness Activity (*Deshler I and Wallick I*)

3:30

Adjourn and safe travels home!

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HEALTHY

BREAKOUTS

Thursday, 10:45-11:30

Changing the Landscape of Healthy Food Choices: Recognizing that low-income consumers are often not offered the same convenience as that of higher-income consumers, this interactive presentation will explore the development of an app to better serve low-income communities, create equity and help make the healthy choice the easy choice for purchasing healthy foods, and increase access and convenience to healthy foods while connecting local farmers to diverse consumers.

Strategic Doing: In the communities we serve, we encounter issues that are difficult to address with one organization alone. Collaborative efforts or coalition support prove helpful in addressing such issues. In practice, coalition building can be a challenging task to accomplish. How do we design collaboratives? How do we manage them? Are the activities leading to meaningful outcomes? The Strategic Doing framework provides a simple set of rules to answer these questions. Through a series of group exercises and demonstrations, participants will learn ways to (1) link and leverage assets to create new opportunities, (2) convert high-priority opportunities into measurable outcomes and (3) define pathfinder projects that make real progress. Educators who are interested in designing and guiding innovative networks and effectively addressing complex issues are encouraged to attend this workshop.

Connecting the Community to Extension via Sharing Gardens: The Lucas County Extension Sharing Garden was developed to reach a broad local audience and address critical issues with the county, including food security and rising rates of obesity. Inspired by a similar program in Maine, the garden's indirect education format intends to build individual skills and knowledge of gardening, cooking, and healthy eating. It also provides a free source of fresh herbs and produce for community members- many of whom struggle to eat healthfully. The interactive workshop provides participants with this example of indirect educational programming, and engages them in assessing whether it meets the needs for a Policy, Systems, and Environmental Change as detailed in SNAP-Education and public health guidelines. A focus will be placed on answering the question, "How can we take existing programs and build upon them to expand reach and create well connected communities?"

Improving Coalition Work Within Extension: Our work in Family and Consumer Sciences involves partnerships and collaborations within our communities, across our counties and sometimes across the state or country. We probably have a range of feelings about coalitions based on our experiences. This breakout session will provide you with an array of tools to clarify how you contribute, or do not, to the success of coalitions as well as tools to share with coalition members to focus everyone's thinking on goals, examine who is at the table, and who might be recruited and added to provide more useful outcomes. Key Variables for Coalition Success will be discussed, along with 11 tools you may choose to utilize in your coalition work. Handouts will be provided so questions can be asked about sections and all can contribute to discussions about how having these tools can make coalition work more efficient and productive.

Thursday, 12:50-1:35

Farmer's Market Kids Club: The Farmer's Market Kids Club (FMKC) program impacts farmers market accessibility on a broad scale. The FMKC started in June 2018 at the Springfield Farmer's Market. It is a collaboration between Clark County Family and Consumer Sciences, SNAP-Education, EFNEP and the Springfield Farmer's Market. The program's mission is three-fold: (1) Empower children to make healthy food choices; (2) Strengthen and sustain healthy communities through supporting farmers and cultivating future farmers market supporters; (3) Create an environment where the farmers market is welcoming place where children can try new foods and learn about healthy eating. This session will provide participants with an understanding of how to start a Kids Club in your county.

How Developmentally Appropriate Practice (DAP) Impacts the Work of Extension: Participants will have the opportunity to learn about current research in the field of Early Childhood Education (ECE). They will be able to identify ways to implement best practices when working with young children in their own programs and how utilizing DAP can make a broader impact on the communities Extension serves. Participants will leave this session equipped with an understanding of the mandatory training requirements for ECE teachers/child care providers within Ohio communities and how through professional development opportunities, Extension can meet those needs. This session is a time to learn from and engage with professionals from across the state in a hands on activity-filled experience.



RELATIONSHIPS

Community Coaching: Strengthening your Skills to Guide

Community Change: Community Coaching is a tool used to help guide communities to positive change. Not all initiatives are strong enough to stand by themselves, often there is a champion or coach that is helping to drive policy, systems, and environment change. Community Coaching differs from conventional forms of coaching because there is no “one size fits all” and requires patience, perspective, and tact to keep up in the ever-changing environment of community action. This session will provide participants of examples in counties throughout the state as well as opportunity for input and discussion, with several scenarios to work through a “trouble-shooting guide.”

Social Marketing as a Strategy for Building Well-Connect-

ed Communities: In this session, “Social Marketing as a Strategy for Building Well-Connected Communities”, participants will develop an understanding of social marketing (SM), learn how to identify SM campaigns in their communities, and acquire skills for meshing social marketing efforts with policy, systems, and environmental (PSE) interventions in their programming. Using the SNAP-Ed Celebrate Your Plate campaign as an example, participants will explore the challenges of launching and tailoring a campaign (including identifying the needs of your target audience, choosing media strategies that work with your budget, and how to generate creative materials) as well as how to network with other relevant agencies to prevent duplication of efforts and create a well-connected community.

Thursday, 1:40-2:25

Creating Inclusive Programs for People with All Abilities:

Historically, health promotion efforts have overlooked people with disabilities. More often than not, health care providers and educators focus solely on a person’s disability rather than on the full range of health and wellness needs of each person as an individual. This leads to worse health outcomes for people with disabilities when compared to people without disabilities. In fact, statistics indicate that Ohioans with disabilities are at greater risk for poor health. A greater emphasis on creating an inclusive environment must be placed on community-based health promotion initiatives to reach this audience. Participants will expand their knowledge of common and sometimes hidden developmental disabilities, develop an understanding of the different types of problematic behaviors and common triggers, learn techniques for preventing and managing problematic

behaviors, develop an understanding of the relationship between developmental disabilities and learning styles.

Master Money Mentor Updates: Master Money Mentor (MMM) is a financial literacy program for community volunteers who coach other adults on basic financial skills. This program has been developed by FCS educators and was adopted in several states. University of Florida Extension developed an update of the program, which will be available this summer. Michael Gutter, associate dean for Extension at the University of Florida, and state program leader for 4-H Youth Development, Families and Communities, provided leadership to the MMM program revision and will present updates about the new features of MMM.

Community Communications 101: Developing your Cultural

I.Q.: Gaining cultural competence is a process whereby community educators can develop attitudes, skills, knowledge, and levels of awareness that enable them to provide culturally appropriate, respectful, and relevant service to the community (Boyle, 2016). This workshop explores various communication skills and strategies that will increase the practitioner’s ability to effectively reach and impact diverse audiences. Learn from three diverse presenters with national and international experiences.

- Explain cultural competence and the steps involved in becoming culturally competent
- Examining Your Assumptions
- Effective Listening & Knowing Your Community
- Best practice guidelines for engaging communities in culturally appropriate ways.

Supporting Families in Divorce and Separation:

In this session, we will introduce and preview new, evidence-based program offerings to support families adjusting to divorce or separation, including an [online](#) Co-Parenting program for parents, and a new curriculum called *What About Me?* that helps children manage emotions during a divorce. Participate in the hands-on activities used in the programs to gain familiarity and comfort with the topics addressed. Presenters will share how they effectively deliver these programs in their counties and will invite you to work with them to bring these programs to your county!

Thursday, 2:30-3:15

Serving up Change: A Food Ethics Workshop: Non-profit institutions (schools, universities, prisons, food pantries) and

(continued on page 10)



COLLEAGUES

BREAKOUTS *(continued from page 9)*

constituents might have conflicting food values related to convenience, cost, safety, freshness, localness, and cultural relevance. This workshop promotes civic engagement as a way to identify value conflicts, reduce the extent of those conflicts, and find a path to resolution.

PhysBot Personal Fitness Craze: Fitness wearables are the newest craze in personal fitness! By 2020, more than 410 million such devices are forecasted to be on the arms or in the pockets of kids and adults worldwide. Although everyone knows what they do, few know how they work. Ohio 4-H has partnered with TinyCircuits, an Open Source hardware company specializing in designing and manufacturing very small electronics (based out of Akron), to develop the PhysBot Fitness Tracker. PhysBot lets youth and adults experience the science, technology, engineering and math behind these devices, and provide an understand of what's actually going on in a fitness tracker. Our multi-programmatic team of 4-H/CD/FCS educators will provide an interactive workshop for FCS educators to wear, learn, and apply this technology into their programming and learn how technology has an increase roll and presence in our lives.

Engage for Impact: More than ever, we need spaces where diverse perspectives can unite, participate in productive dialogue, and collectively act to solve complex social issues. In neighborhoods where residents' well-being is most threatened, grass roots level leadership is critical to make real progress in the quality of life. This workshop will help participants (1) identify principles for equitable and inclusive civic engagement; (2) develop strategies to solve community problems with long-lasting partnerships with residents, and (3) realize the role of race and equity in shaping community programs. The speaker will place an additional emphasis on policy, system, and environmental change interventions (PSE's) with and for SNAP-Ed audiences.

The ins and outs of Fermented Vegetables: How to Ferment Safely and Why it Matters: FCS educators are posed with the growing challenge of addressing food safety concerns and making practical recommendations for consumers and retailers who are using increasingly diverse food preparation strategies. This workshop will allow educators to get hands-on experience with the production of fermented vegetables, and training regarding the food safety parameters essential for a safe final product.

POSTERS

Morrow County-Working for ToMorrow: Partnering for Improved Financial and Food Resource Management in Morrow County

Candace Heer, FCS educator, Morrow County; **Carri J. Jagger**, ANR educator, Morrow County, **Michelle Lang**, SNAP-Ed program coordinator, Marion County; **Morgan Aleshire**, SNAP-Ed program assistant

EFNEP: Celebrating 50 Years of USDA-NIFA Funded Nutrition Education

Zoe Fawcett, **Kristen Matlack**, EFNEP program specialist, Cuyahoga County, **Nancy Lyons**, EFNEP program specialist **Amy Habig**, EFNEP program specialist

Health Nuts: A mini-camp combining health, physical, and environmental education in collaboration with National Trail and Parks and Recreation District?

Laura Halladay, SNAP-Ed program coordinator, Clark County; **Kathy Goins**, FCS educator, Clark County; **Penny Dunbar**, recreation specialist, National Trail Parks and Recreation District

Edible Knox

Tanner Cooper-Risser, SNAP-Ed program assistant, Knox County

Searching for Programming Opportunities

Greta Lynch, SNAP-Ed program assistant, Washington County

Development of a Middle School Nutrition Education Curriculum

Cindy Conway, SNAP-Ed program specialist

Social Marketing as a Strategy for Building Well-Connected Communities

Beth Husted, SNAP-Ed program coordinator, Celebrate Your Plate, **Alisha Ferguson**, SNAP-Ed program assistant, Celebrate Your Plate

Texting as a Health Promotion Method

Joanna Fifer, **Tammy Jones**, **Michelle Treber**, **Beth Stefura**, **Pat Brinkman**, **Jami Dellifield** and **Lisa Barlage**, FCS educators

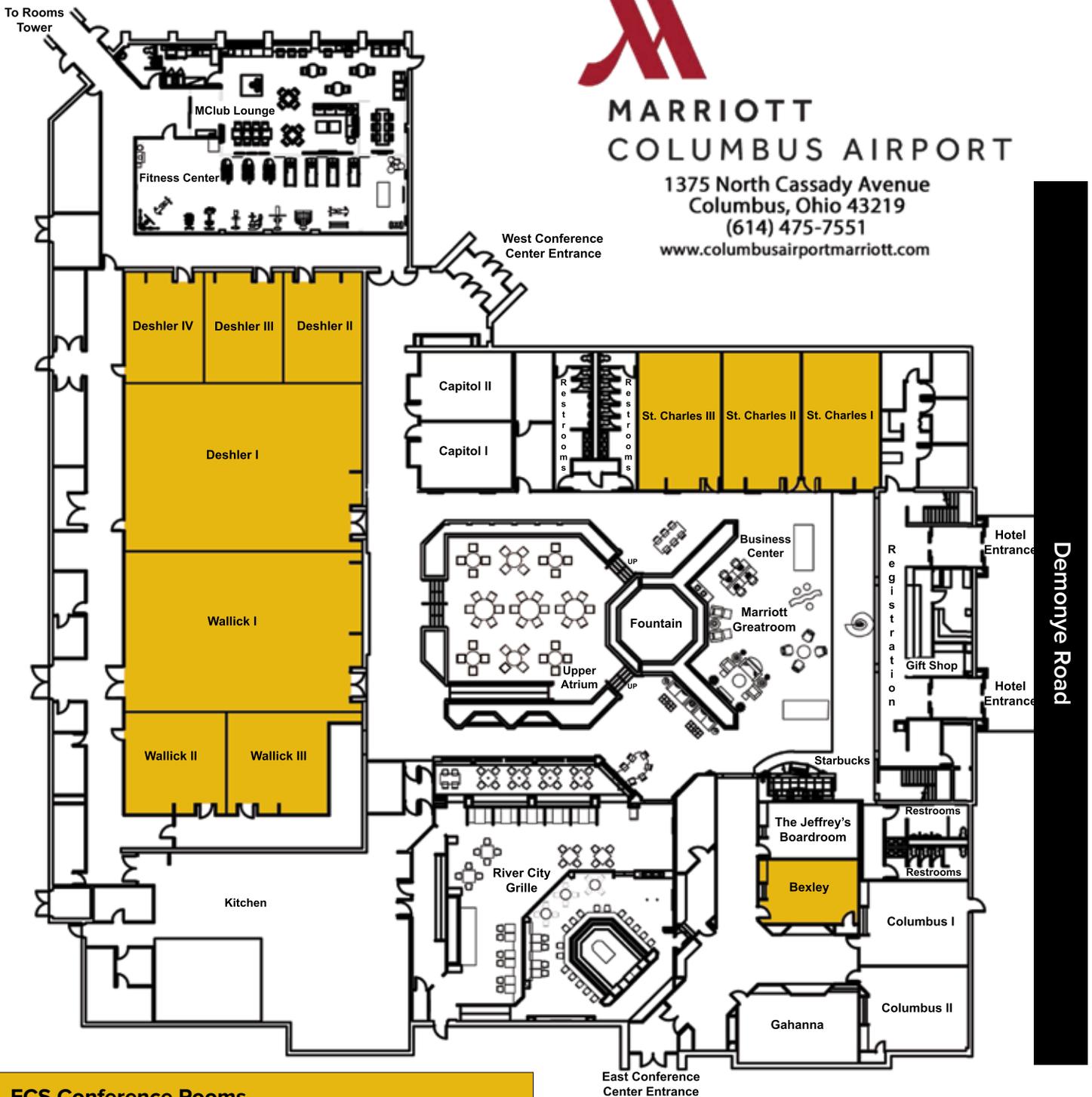
Thursday, 9:45 - 10:45, Upper Atrium

Airport Marriott Floor Plan



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FCS Conference Rooms

- Bexley – Planning Committee / Storage
- Deshler *and* Wallick – FCS General Sessions
- Deshler, St. Charles *and* Wallick – Breakout Rooms
- St. Charles III – Biometric Screenings and Flu Shots



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Family and Consumer Sciences

342 Campbell • 1787 Neil Avenue • Columbus, OH 43210
fcs.osu.edu • 614-688-5378 • fcs@osu.edu

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Save the Dates

Community Engagement Conference

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Ohio State University All Extension Conference

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