

Lunch and Learn Series**RESTART Ohio: *Back to Healthy*****Tuesdays and Thursdays, Noon-12:30 p.m.****July 7 thru August 20**

Family and Consumer Sciences Educators are teaming up across Ohio to provide a virtual summer learning series titled *RESTART Ohio: Back to Healthy*. The series will focus on a variety of health and wellness related topics and provide an opportunity for Ohioans to connect with Extension resources and gain valuable knowledge.

This complimentary series will utilize the Zoom webinar platform. Pre-registration is **required** and participants have the option to select one or more sessions in the series.

**Schedule**

- July 7 – **Fall Vegetable Garden**, Patrice Powers-Barker & Amy Stone (ANR)
- July 9 – **A Moment for Mindfulness**, Whitney Gherman & Michelle Trever, *asst.* Shannon Carter
- July 14 – **Conversation Etiquette**, Misty Harmon, *asst.* Amanda Bohlen
- July 16 – **When in Rome...What to Eat while on Vacation**, Shari Gallup & Susan Zies
- July 21 – **Importance of Play in Early Childhood**, Katie Schlagheck, *asst.* Amanda Rysz
- July 23 – **Art of Apologizing**, Courtney Woelfl
- July 28 – **Parenting: SMH!**, Jami Dellifield, *asst.* Misty Harmon
- July 30 – **Slowing Down: the New Normal**, Lorrissa Dunfee, *asst.* Courtney Woelfl
- August 4 – **Active Listening**, Joseph Maiorano, *asst.* Bridget Britton
- August 6 – **Be Savvy with Your Spirits**, Dan Remley & Susan Zies, *asst.* Alisha Barton
- August 11 – **The Benefits of Conflict** (communication), Bridget Britton, *asst.* Joseph Maiorano
- August 13 – **Declutter**, Melissa Rupp & Patrice Powers-Barker, *asst.* Roseanne Scammahorn
- August 18 – **Herbs**, Alisha Barton & Amanda Bennett
- August 20 – **Parenting Well with Food: Picky Eating, Food Jags, and the Sweet Tooth**, Chris Kendle, *asst.* Amanda Bohlen

Registration**go.osu.edu/RestartOhio****Questions****Amanda Woods**
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