



You are invited to participate in Clemson Extension's free health education programs in South Carolina.

## Know Diabetes by Heart

- Learn about the link between diabetes and heart disease and how to reduce your risk in this **1 hour session or on-demand**.
- Contact Danielle McFall at dem@clemson.edu or 864-656-8627 for more information.
- Register at: <http://knowdiabetesbyheart.eventbrite.com/> or  
On-Demand at:  
<https://cpe.clemson.edu/browse/extension/ruralhealthandnutrition/courses/know-diabetes-by-heart-main>



## Health Extension for Diabetes

- Better manage your diabetes to prevent or delay complications by learning the necessary skills and getting support in this
- **weekly 1-hour session over the course of 4 months.**
- Contact Danielle McFall at dem@clemson.edu or 864-656-8627 for more information.
- Join the interest list at:  
[https://clemson.ca1.qualtrics.com/jfe/form/SV\\_07gV9gl3ZHOAohU](https://clemson.ca1.qualtrics.com/jfe/form/SV_07gV9gl3ZHOAohU)



## Breastfeeding 101

- This program will help parents to learn about the benefits of breastfeeding, keys to effective latch, different breastfeeding positions, how to recognize hunger cues, when your baby is getting enough and so much more!
- For more information, please contact Paris Mebane at: psmeban@clemson.edu or (843) 401-1081
- Register for Individual Classes at: <https://form.jotform.com/222006519360144> or  
Group Classes at: <https://www.eventbrite.com/e/breastfeeding-101-tickets-672579672907>





## Yoga for Every Body

- Join our online yoga class **(weekly; Wednesdays 12-12:30 PM)** to improve your balance and flexibility, relieve stress, and develop a more positive perspective. All ages and mobility levels are welcome, with the option to participate seated or standing. Yoga equipment optional.
- Can't join live? Recordings are available! Practice at your convenience.
- Contact Ellie Lane (jelane@clemson.edu) for more information.
- Register at: <https://www.eventbrite.com/e/yoga-for-every-body-tickets-138693376623>



## Practical Strength

- Join our online strength training class **(weekly; Tuesdays 9:30-10 AM)** to improve your strength, muscle tone, balance and coordination. All ages and mobility levels welcome, with the option to participate seated or standing.
- Exercise equipment optional.
- Can't join live? Recordings are available! Practice at your convenience.
- Contact healthextension@clemson.edu for more information.
- Register at: <https://www.eventbrite.com/e/practical-strength-tickets-604058082987>



## WalkSC

- This 12-week program offers weekly step goals and health education videos to virtually walk across the Palmetto Trail of South Carolina while gaining support from others in the group.
- Contact healthextension@clemson.edu for more information.
- Join the interest list at: [https://clemson.ca1.qualtrics.com/jfe/form/SV\\_72O40TNfAUmwtZc](https://clemson.ca1.qualtrics.com/jfe/form/SV_72O40TNfAUmwtZc)



## Stirring Up Healthy Recipes

- Learn more about preparing quick and easy healthy foods at home with our monthly cooking classes on the second Friday from 12-1 PM.
- Join once and receive access to all previously recorded sessions.
- Contact Julianna Lyle (jeparha@clemson.edu) for more information.
- Register at: [https://clemson.ca1.qualtrics.com/jfe/form/SV\\_088arGNdFkAUBN4](https://clemson.ca1.qualtrics.com/jfe/form/SV_088arGNdFkAUBN4)



**For additional questions, please contact the Rural Health and Nutrition Extension team at [healthextension@clemson.edu](mailto:healthextension@clemson.edu)**