

## Don't Lose Your Enthusiasm from NEAFCS Annual Conference

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Following the wonderful 2022 NEAFCS conference in beautiful Raleigh, North Carolina, let's keep the excitement and enthusiasm for all we do as FCS educators moving into the next few months and beyond. The Public Affairs Advocacy committee has resources to make advocating for our profession easy.



December is FCS month which encourages us to *Elevate Family & Consumer Sciences* as a profession. AAFCS has resources, including social media posts, a tool kit, logos, and many other promotional tools to assist you with elevating FCS in your state during December. Each Friday, AAFCS will work to Elevate Family & Consumer Sciences, and you can join in by going to <https://www.aafcs.org/elevatefcs> to find tools and spread the word about all FCS does.



Mark your calendar now for March and *Living Well Month*. The Advocacy committee has already started working hard to have resources available for easy use. Look for these resources along with the new *Living Well Month* logo and calendar coming soon! Start thinking about how you might promote *Living Well Month* by using one of the ready-made tools for a social media post or press release and consider adding the logo to your signature box. The calendar is a great tool to send to your contacts or to use as a post, it is ready-made, adaptable for personalization, and makes healthy recommendations for living well all month long.



To accompany *Living Well Month*, there are short videos about the 8 Components of Wellness to share as reminders of the importance of living a balanced life for optimal well-being. Look for reminders from the advocacy committee about these useful tools and mark your calendar to promote *Living Well Month* and *Elevate Family & Community Sciences*!