



March is Extension Living Well Month!

- Food & Nutrition
- Healthy Lifestyles
- House & Home
- Food Safety
- Raising Children
- Family Finances
- Balancing Family & Work

Providing Education for Living Well since 1933

Contact your local county Extension Service for information and education events



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Raising Kids,

Eating Right,

Spending Smart,

Living Well

National Extension Association
of
Family and Consumer Sciences

Research based information to improve lives and communities.



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