



## WELLNESS SERIES CONTINUES SEPTEMBER 10

Our September session will be provided by East Georgia Health Care, and the program will be *Creating a Healthy Lifestyle/Portion Control*. Healthy eating does not have to be complicated, but often, nutrition and diet advice can be conflicting. The session will provide simple tips that will help participants create a tasty and nutritious diet that is good for both the body and the mind.

The series is FREE and is made possible through a partnership with UGA Extension, Emanuel Medical Center, East Georgia Healthcare Center, East Georgia State College, Queensborough National Bank and Trust, and CarePartners. The session will begin at noon. Lunch, a presentation, and door prizes will be provided. Enrollment is limited to 20, and registration is required. If you have questions or would like to register, please give us a call at 289-2464. We hope to see you September 10!



## SERVSAFE TRAINING SLATED FOR SEPTEMBER

This nationally-recognized course is certified through National Restaurant Association Educational Foundation and includes:

- The course book, ServSafe® Manager, Sixth Edition. (This is the only acceptable book for this course.)
- Twelve hours of instruction by an experienced ServSafe® Certified instructor from The University of Georgia Cooperative Extension.

- Upon passing the exam, participants will receive a ServSafe® Food Protection Manager's Certificate from the National Restaurant Association.

Passing this course will also meet the Georgia Department of Public Health and Georgia Department of Agriculture certification recommendations for store, deli, and kitchen managers. The training will be held September 18 and 19. For more information or to register, contact Marnie Dekle, UGA Extension Agent at (912)685-2408.

### FULFORD CENTER ADVISORY BOARD

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at East Georgia State College

### FULFORD CENTER STAFF

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**Normal Hours of Operation**  
Monday - Friday: 8 a.m. - 5 p.m.  
Other times by appointment



AUGUST  
2019

### OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Sudie A. Fulford Community Learning Center will develop individual capacity and improve the quality of life for Swainsboro and Emanuel County.

### OUR GOALS

Education  
Civic Engagement  
Hospitality



## UPCOMING EVENTS

August 20---AARP Driver Safety Training (Room J503, EGSC Library)  
September 10---Total Wellness, Part 3  
September 13---Veterans Forum  
September 18 & 19---ServSafe Training

## Message From The Director

We've had an incredible summer and welcomed over 150 students to our seven Fulford Camps. Throughout the summer, we celebrated the 50th anniversary of the Apollo 11 moon landing and were fascinated by Amy Hagar, NASA Space Ambassador, who shared the accomplishments of NASA and helped campers better understand the work of astronauts. At the Lunar Art Camp, students created a video production of a blast off and moon landing. Both the Space Adventure Mini-Camp and the STEM Discovery Camp were filled with science, technology, engineering and math activities. At Camp Invention, campers explored frequency, circuit boards, motors and gears to reverse engineer a remote-controlled DIY Orbot, managed their own farm as they learned the basics of running a business, embarked on a research adventure at sea, and learned the importance of collaboration and patents.

My sincere thanks to all the campers, instructors, youth volunteers, and parents for a truly amazing summer!

We are very excited about upcoming renovations that will be completed at the Fulford Center! During the month of August, the Center will undergo major renovations. As a result, the Center will not be available for usage. We apologize for any inconvenience and look forward to seeing you in September once the work is completed.



JEAN D. SCHWABE,  
DIRECTOR

# FULFORD CAMPS = INCREDIBLE SUMMER!



## AARP DRIVER SAFETY COURSE SCHEDULED

An AARP Driver Safety Course will be offered Monday, August 12. Founded in 1979, AARP Driver Safety has helped millions of drivers stay safe on the roads. The course will be held from 9:00 a.m. until 3:00 p.m. AARP Driver Safety instructor, Marcia Parkerson, will teach defensive driving techniques and strategies, traffic laws, and rules of the road. There are no written exams or driving tests. Due to renovations that will be taking place at the Fulford Center in August, the training will be held in Room J-503 in the EGSC Library located in the Luck Flanders Gambrell Building on the main campus.

Upon completion of the course, participants will receive a certificate of completion which, when presented to auto insurance carriers, often results in a reduction in automobile insurance premiums. Participants should contact their insurance agent for more details. The course costs \$15 for AARP members and \$20 for non-members. Registration is required, and course participation is limited to 30. The deadline to register is August 7. To register for the course, please call the Center at 289-2464.