

# 2017 TOTAL WELLNESS SERIES SLATED

Have you made a commitment this year to make smarter, healthier, and more informed decisions regarding a healthy lifestyle? Join us for this series to learn simple, effective strategies that can transform your life. Feeling AWESOME every day is possible, but it doesn't just happen. Our presenters will show you how to make it FUN (and sometimes ADVENTUROUS!).



Four free sessions will be offered:

February 28

May 9

September 12

November 14

Lunch, Presentation & Door Prizes: 12:00 – 1:00 p.m.  
Pre-Registration is required at 289-2464.  
Enrollment limit: 20

At each session, participants will have a chance to win a \$25 gift certificate from Sweet Tea Grille at the Mill.

Participants attending all 4 sessions will be entered into a drawing to win a gift card from Wal-Mart.

Hope to see you at this year's sessions!

## Sponsored by:



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



FEBRUARY  
2017



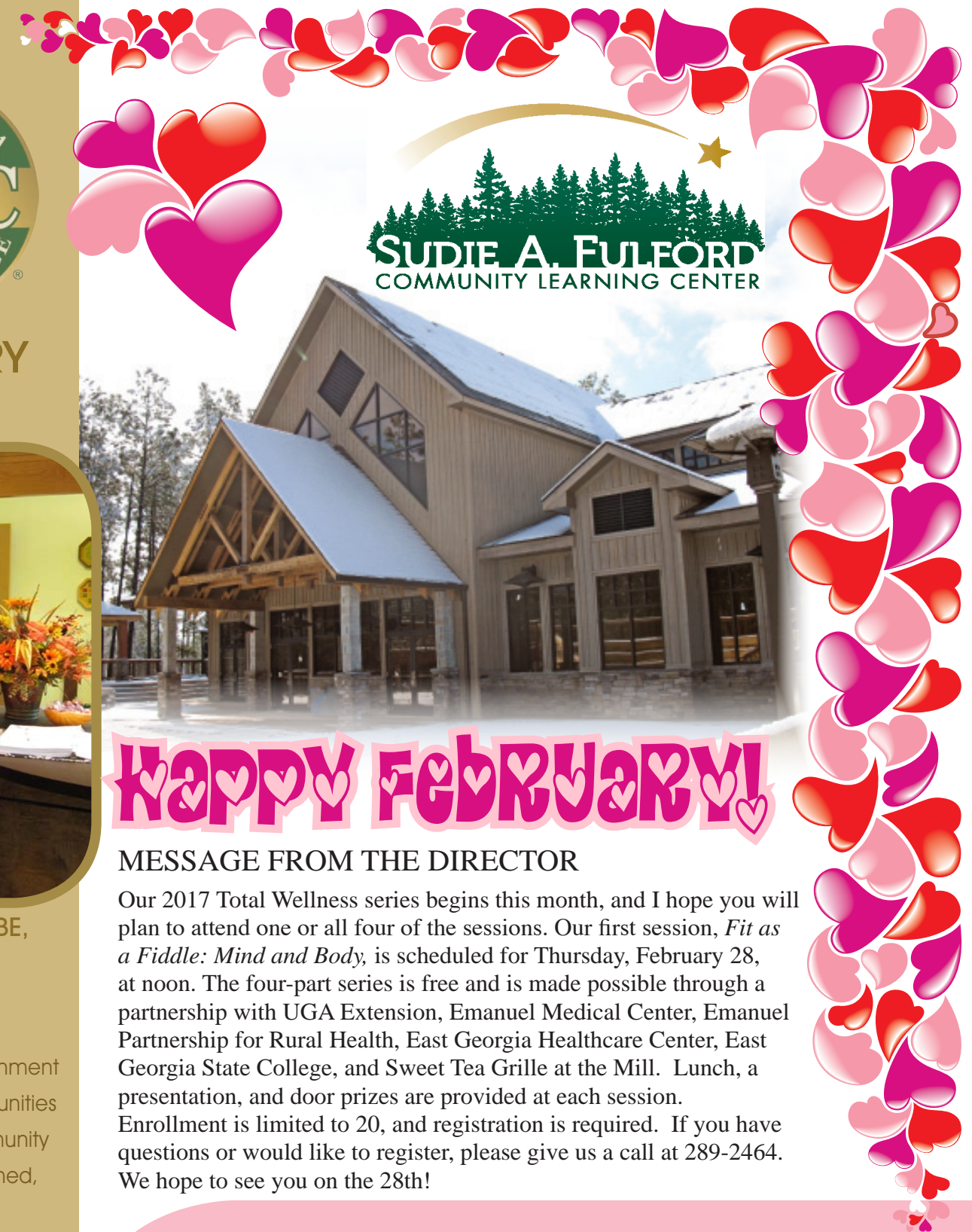
JEAN D. SCHWABE,  
DIRECTOR

## 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



HAPPY FEBRUARY!

## MESSAGE FROM THE DIRECTOR

Our 2017 Total Wellness series begins this month, and I hope you will plan to attend one or all four of the sessions. Our first session, *Fit as a Fiddle: Mind and Body*, is scheduled for Thursday, February 28, at noon. The four-part series is free and is made possible through a partnership with UGA Extension, Emanuel Medical Center, Emanuel Partnership for Rural Health, East Georgia Healthcare Center, East Georgia State College, and Sweet Tea Grille at the Mill. Lunch, a presentation, and door prizes are provided at each session. 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 on the 28th!

## UPCOMING EVENTS

- February 2, 7, 9, 21, 23, 28---Bobcat Buddies Tutoring/Mentoring
- February 4---Miss EGSC Scholarship Pageant Interviews & Judges' Dinner
- February 7, 14, 21, 28---EGSC/Area Chess Club
- February 9---Emanuel County Family Connection Meeting
- February 10---GSU Partnership for Rural Health  
EGSC Faculty Workshop
- February 13---Glad Garden Club Meeting  
Darton Nursing Photo Shoot
- February 16---Trane Lunch and Learn
- February 22---CSRA RESA Board of Control
- February 23---Twin City Elementary OUTLOOK Planetarium Visit
- February 24---Trentlen County 4th Grade Planetarium Visit  
Vision 2020 Meeting
- February 25---Sherman's March Tour Orientation
- February 28---Total Wellness Series

## SERVSAFE MANAGER CERTIFICATION TRAINING SET FOR MARCH 22 & 23

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.

For more information or to register, contact Marnie Dekle, UGA Extension Agent at (912) 237-1226.



## EMANUEL COUNTY INSTITUTE 21ST CENTURY LEADERS TAKE PART IN ROUND TABLE DISCUSSIONS

A very impressive group of Emanuel County Institute students recently took part in a series of informative round table discussions with local business and postsecondary education leaders. 21st Century Leaders is a collaboration of business and professional leaders inspiring high school students to take on leadership positions, explore career opportunities, and give back to their communities. Representatives from Nordson, Emanuel County Sheriff's Department, East Georgia State College, and Southeastern Technical College participated in the discussions. Bob Watson, Executive Director of 21st Century Leaders, Inc., facilitated the sessions. Elizabeth Kraus, ECI Counselor, serves as the school's 21st Century Leaders Coordinator.



## SOME OF OUR JANUARY VISITORS

What a fun month we had with students from Edmund Burke Academy, Thomas Jefferson Academy, and Wadley Head Start!



**Edmund Burke Academy**



**Thomas Jefferson Academy**



**Wadley Head Start**



## CORPORATE MEETINGS

If your business or organization is in need of a meeting place for a workshop or retreat, give us a call. The Fulford Center can accommodate up to 70 participants in the multifunctional classroom and up to 30 participants in the Resource Library. All your IT needs, including WI-FI, are available for your workshop. We also offer first-class catering.

## LEAVE A LEGACY

Please consider the Sudie A. Fulford Community Learning Center when you are honoring or memorializing family and friends through the East Georgia State College Foundation. The Foundation is a 501(c)3 non-profit organization. All gifts are tax deductible to the extent approved by law.

Contact Elizabeth Gilmer at 289-2037 for more information or assistance.