

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

### Know Diabetes by Heart (1-hour webinar)

- Learn about the link between diabetes and heart disease and how to reduce your risk.
- Contact Iris McDuffie @[imcduff@clemson.edu](mailto:imcduff@clemson.edu)
- for more information. Register at: <http://>

### Health Extension for Diabetes (weekly 1-hour sessions for 4 months)

- Better manage your diabetes to prevent or delay complications through learning the necessary skills and getting support.
- Contact Iris McDuffie@[imcduff@clemson.edu](mailto:imcduff@clemson.edu) 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)

### Diabetes Prevention Program (22, 1-hour sessions over 1 year)

- Program to prevent or delay the onset of type 2 diabetes through peer support and education on physical activity, nutrition, stress management, and more.
- Contact Melissa Bales at [mbales@clemson.edu](mailto:mbales@clemson.edu) or 864-365-0635 to learn more and join an interest list for the next group.
- Join the interest list at:  
[https://clemson.ca1.qualtrics.com/jfe/form/SV\\_51qiTOikC02XhBk](https://clemson.ca1.qualtrics.com/jfe/form/SV_51qiTOikC02XhBk)

### Hypertension Management Program (weekly 1-hour sessions for 2 months)

- Learn about the link between diabetes and heart disease and how to reduce your risk.
- Contact Danielle McFall at [dem@clemson.edu](mailto:dem@clemson.edu) for more information.
- Register at: <http://knowdiabetesbyheart.eventbrite.com/>

### WalkSC

- Weekly step goals and health education videos to virtually walk across the Palmetto Trail while gaining support from others in the group.
- Join the interest list at:  
[https://clemson.ca1.qualtrics.com/jfe/form/SV\\_72O40TNfAUmwtZc](https://clemson.ca1.qualtrics.com/jfe/form/SV_72O40TNfAUmwtZc)

## Expanded Food and Nutrition Education Program (EFNEP)

- Program that delivers nutrition education in 4 core areas: diet quality and physical activity, food resource management, food safety, and food security.
- Adult and youth programming available.
- Contact Rebecca Whitmen at [rwhitme@clemson.edu](mailto:rwhitme@clemson.edu) or 843-730-5208 to learn more.

## 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, how to recognize when your baby is getting enough and so much more!
- Contact the Clemson Extension Rural Health and Nutrition team at: [healthextension@clemson.edu](mailto:healthextension@clemson.edu) for more information.

## Yoga Classes- A Little Goes A Long Way (weekly; Wednesdays 12-12:30 PM)

- Join our online, weekly yoga classes to improve your health and happiness! Yoga can provide more gentle movement in your day + reduce stress, develop strength and flexibility, increase energy, relieve pain and more!
- Contact Ellie Lane at [jelane@clemson.edu](mailto:jelane@clemson.edu) or 864-365-0477 for more information.
- Join once and receive access to a library of previously recorded sessions.
- Register at: [https://alittlegoesalongway\\_weeklyyogaforeverybody.eventbrite.com](https://alittlegoesalongway_weeklyyogaforeverybody.eventbrite.com)

## Healthy Cooking Classes (monthly; second Friday 12-1 PM)

- Learn more about preparing quick and easy healthy foods at home with our monthly cooking classes.
- Join once and receive access to a library of previously recorded sessions.
- Contact Shanna Sykes at [srsykes@clemson.edu](mailto:srsykes@clemson.edu) for more information.
- Register at:  
[https://clemson.ca1.qualtrics.com/jfe/form/SV\\_baamfPo0EBBWolK](https://clemson.ca1.qualtrics.com/jfe/form/SV_baamfPo0EBBWolK)