

# 2022 webinar series

For individuals,  
families,  
educators and  
agency staff.

Join us for **FREE**  
webinars May through  
August 2022!

University of Minnesota  
Extension Center for  
Family Development  
educators and partners  
will facilitate the  
webinars, providing  
information and  
resources for families  
and those who serve  
families to make  
informed decisions  
leading to greater  
health, resilience, and  
well-being.



## Charlas en español (Talks in Spanish)

Brindamos información y recursos a las familias latinas para ayudarlas a tomar mejores decisiones y para mejorar sus vidas. Le invitamos a registrarse a cualquiera de nuestras charlas gratuitas en línea, que serán dirigidas por nuestros educadores bilingües. Los temas que vamos a tratar son de mucha importancia para su vida diaria.

<https://z.umn.edu/Charlasenespanol>



## Family friendly earth care

Learn how to take actions for global health and wellness including ways to eat healthier for the planet and hands-on activities for all ages that promote wellness through being in nature.

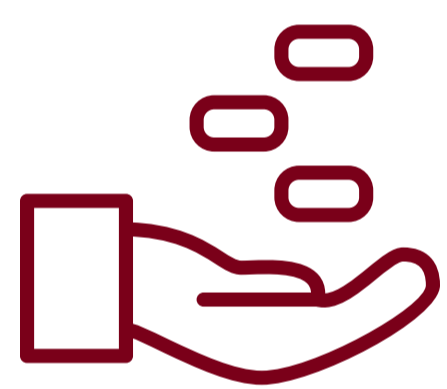
<https://z.umn.edu/earthcare>



## Finding balance

While life is never certain, the last couple years have stressed our families and communities. Learn about how to find balance and flourish — even during life transitions. For both consumers and professionals.

<https://z.umn.edu/findingbalance>



## Making cents of it all

Learn how to navigate financial choices including homeownership, credit, budgeting and saving, and changing financial needs across the lifespan. We'll also share culturally appropriate resources to support American Indian and Latino communities. These online webinars are for individuals, families, educators and agency staff.

<https://z.umn.edu/cents>



## No place like home

Whether you rent or own your home, our educators have tips to make your home healthier, affordable and energy efficient. Offered in English and Spanish.

<https://z.umn.edu/noplacelikehome>



## Recovery and health

Learn how mental well-being, nervous system support, nutrition and physical activity can support those in recovery. Hear from people in recovery about how they approach their health holistically and colleagues from the College of Pharmacy will discuss harm reduction and how to save lives from overdoses.

<https://z.umn.edu/recoveryhealth>



UNIVERSITY OF MINNESOTA EXTENSION