



Set or Reset Your Wellness Goals

Wellness is the active pursuit of activities, choices and lifestyles that lead to a state of holistic health. In this program, we will return to the basics and gain practical skills to select and create nutrient-dense real foods that nourish the body. Capture the Flavor: Herbs & Spices Extension program resources and research will be included in each session. Food preparation and sampling are included in each class.

Sessions

Session 1: Tuesday, April 21st, 2026

What is Wellness? Wellness is a personal journey—an individual pursuit shaped by the choices we make, the behaviors we adopt, and the lifestyles we lead.

Session 3: Tuesday, May 5th, 2026

How Do You Make Your Food Selections? If you find the information on food packaging confusing, we will examine the tools and factors that might assist us in making healthier choices.

Session 5: Tuesday, May 19th, 2026

Preparing Seasonal Local Produce and Preserving the Harvest - Discover how easy it is to preserve and eat produce from the farmers' market and gardens to capture the best in nutrition while taking charge of all ingredients put into the end product.

Session 2: Tuesday, April 28th, 2026

Mindful Eating Wellness – It is about being more aware of your eating habits, the sensation you experience when you eat, and the thoughts and emotions that you have about food. It is more about how you eat than what you eat.

Session 4: Tuesday, May 12th, 2026

The Power of Protein - Learn the varieties of protein foods available—many at low costs! Gain insight into new protein foods and tricks to retain flavor while cutting calories. Real food that fuels energy and encourages movement and exercise. Real food builds strength.

Session 6: Tuesday, May 26th, 2026

Creative Cooking with Whole Grains - Learn strategies to add whole grains to your diet. You will be able to recognize the health benefits of eating whole grains and how to identify them in stores.

TIME: 12:00 pm - 1:00 pm
LOCATION: Clermont County Administration Building
3rd Floor Conference Room
101 East Main Street
Batavia, OH 45103

Each session will be presented by Margaret Jenkins,
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