

September



Date	Program or Meeting	Description	Location	Fee
3	Master Gardener Chapter Meeting	Meeting to discuss Phelps County Master Gardener efforts and business.	First Baptist Church, 801 N Cedar St, Rolla 6 pm	Closed
4, 6, 11, 13, 18, 20, 25, 27	Stay Strong, Stay Healthy Wed & Fri, Aug 21—Oct 11	A strength training program designed for older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.	MS&T Campus, Commons, 850 University Drive, Rolla 12 – 1 pm	\$50
4, 9, 11, 16, 18, 23, 25, 30	Tai Chi for Arthritis Mon & Wed, Aug 26 - Oct 4	An effective exercise program that improves health, quality of life and balance.	United Methodist Church, 149 W Church St, St. James 8 - 9 am	\$40
5	Focus on Kids—Parent Education Program	A court ordered workshop for divorcing parents or those going through the child modification process.	Phelps County Extension Center Meeting Room 10 am - 12:30 pm	\$40
6	Youth Mental Health First Aid	A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.	Phelps Health, 8 am - 4:30 pm	\$25
7	Fall Native Plant Sale, Birding & Pollinator Festival	Speakers, bird walks, wildflower walks, nature photography, medicinal plants walk, stone painting, coloring for kids, face painting, hummingbird banding & more.	Audubon Trails Nature Center 8-2 pm	Free Program
9, 16, 23, 30	Diabetes Self-Management	Menu planning, stress management, action planning, prevent low blood sugar, relaxation, and more.	Rolla Towers 2 - 4 pm	Free Program funded by Regional Arthritis Center
16	Extension Council Annual Picnic	We will recognize the 2019 Phelps County Farm Family and enjoy yard games & team building activities.	Rolla Lion’s Club Park 6 pm	Public Event
16, 18, 23, 25, 30	Tai Chi for Stress and Health Mon & Wed, Sept 16—Nov 13	An effective exercise program that improves health, quality of life and balance.	Drury University 4:35 - 5:35 pm	\$40

23	Master Naturalist Chapter Meeting	Meeting to discuss Meramec Hills Master Naturalist efforts and business.	Land Survey Building, Rolla 6 pm	Closed
28	Celebration of Nations: Extension Booth	Phelps County Extension & ALIANZAS join MS&T in celebrating culture.	Missouri S&T 11 am	Open
29	Women Owning Woodlands: Women, Wine & Woods	Are you a woman landowner interested in learning more about the forested part of your land?	Public House Brewing Company, St. James Taproom, 6 – 8 pm	Free Program

Other MU Extension programs in surrounding counties:

10	Opioids and the Workforce Conference	Challenges facing the workforce, the way opioids impacts workers, businesses and the workplace and a look at examples of administrative guidance.	Salem Community Center 9:30 am - 4:45 pm	Free Program
21	To Bee or not to Bee?	Introduction to Beekeeping Workshop	Laclede County Extension, 186-D N. Adams Ave, Lebanon 9 - 3 am	\$15
24	Opioids and the Workforce Conference	Challenges facing the workforce, the way opioids impacts workers, businesses and the workplace and a look at examples of administrative guidance.	Knights of Columbus, Cuba 9:30 am - 4:45 pm	Free Program
24	Missouri Farm Leases	Current cash rent & trends in Mo, items to include in a lease, livestock/crop share arrangements, terminating farm leases, recreational leases.	Pulaski County Extension, 101 12th Street, Crocker 6 - 9 pm	\$35, \$15 each additional family member
26-27	Wurdack Grazing School	A two day seminar on management-intensive grazing for economic and environmental sustainability.	Wurdack Research Farm, Cook Station 8 am – 4:30 pm	\$135—1 \$175—2 (same farm)

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