



# 2021 Education Lessons

Beans on the Menu  
Downsizing your Home  
Electric Pressure Cooker  
Financial Stress  
Hydrating: How and When to do it  
Making & Selling Food in South Carolina  
Proper Handwashing and Sanitizing (including Homemade hand sanitizer)

## STATE PROJECTS



WalkSC is a 12-week online program allowing participants to virtually walk trails across South Carolina while staying in the comforts of their communities. Over the course of the 12-week program, participants receive emails with a weekly walking challenge, health tips, and brief videos. The program will cover topics including walking pace, proper walking footwear, nutrition, hydration, blood pressure, and more. This program is designed to be fun and provide an opportunity for health improvement.



“SCFCL Gives Hope” brings awareness to our members of the need for domestic violence shelters and gives hope to those who enter them by showing them that they are not alone and that there are those who are willing to stand by them and help them in their time of need. We are collecting and giving needed items to domestic violence victims in our state through local women’s shelters.

## STATE PROJECT IN COMMON WITH NVON

### Double Your Influence...Add To/2



Volunteering in the U.S. is at a 10-year low. While many organizations are rethinking their volunteer recruitment efforts, that alone can’t change the low volunteering rate. We need to start taking volunteer retention seriously. This project emphasizes volunteer retention and recruitment.

Copies of education lessons can be obtained from your county office or <http://www.scfcl.com>