



# 2023 Education Lessons

Chair Exercises for Seniors  
Guidelines for Successful Container Vegetable Gardening – HGIC Repeat from 2011  
Have you been Targeted for an Email Phishing Scam?  
Healthy Weight Loss  
How Long to Keep It – Proper Food Storage  
Learn to Identify Phone Scams  
Let's Keep Our Bees Buzzing  
Steps Through the Probate Process  
Understanding the “New” Nutrition Facts Label  
Working Together - FCL Members and Youth

## STATE PROJECT IN COMMON WITH NVON

### BEE-Cause Pollinators Feed the World



The 2022-2024 Project in Common, “*BEE-CAUSE Pollinators Feed the World*” objective is to educate and inform members about the importance of pollinators and how we can be better stewards of the pollinators' role in the world's food supply chain. SCFCL can make a major impact with education and implementation of workshops, home gardens, flower beds and LOTS of other areas to help make members and others aware of the crisis with pollinators. SCFCL members may not Bee pollinators but can Bee a voice on their Beehalf.

Pollinator Garden Project videos can be viewed on the [SCFCL.com](http://www.scfcl.com) website. Click on Resources, then Pollinator Garden Project.

Additional resources can be located at <https://www.nvon.org/bee-cause-pollinators-feed-the-world>

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