



2027 Education Lessons

“De-Clutter” Your Life
From Waste to Worth
Hypertension as a Health Disparity
Making a Nutritious Sandwich
Meal Planning on a Budget
Peaches: South Carolina History, Nutrition, & Recipes
Pecans: History, Production, Recipe
Understanding Anxiety: Everyday Ways to Manage Mental Health

STATE PROJECT IN COMMON WITH NVON

Break the Stigma, Ignite Hope, Mental Health Matters

The 2025-2027 Project in Common, “*Break the Stigma, Ignite Hope, Mental Health Matters*” goal is to increase awareness in our communities through:



- ◆ Education and programs
- ◆ Mental health first aid trainings
- ◆ Sponsoring community events
- ◆ Partnering with other organization and businesses to promote mental health awareness
- ◆ Fundraising for local and national mental health groups

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