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| **Topic** | **Design**  | **Post Introduction**  | **Agent**  |
| What is Living Well? | <https://drive.google.com/file/d/19-aBhjKA1BvBvMNGzRkkDHVmv4zS0cL7/view?usp=sharing> | The National Extension Association of Family and Consumer Sciences declares March Living Well month. During this month these professionals (FCS) share tips to help individuals and families gain knowledge and skills to help them lead full and productive lives.Read all about Living Well month here:<https://fcs.ces.ncsu.edu/2021/02/march-is-living-well-month-4/> | Sydney |
| What is Living Well (Spanish) | <https://drive.google.com/file/d/1XCklbSe2kBeWdIeU6oynl4xGy-GvFqK9/view?usp=sharing>  | La Asociación Nacional de Extensión de Ciencias de la Familia y el Consumidor (NEAFCS) ha declarado el mes de marzo el mes para Vivir Mejor. Durante este mes los profesionales de FCS comparten consejos para ayudar a las personas y a las familias a adquirir conocimientos y habilidades que les ayudarán a llevar una vida plena y productiva. Lea más aquí:<https://go.ncsu.edu/living_well_espanol> | Ivelisse (image) and Michelle (website translation) |
| Finances | <https://drive.google.com/file/d/1ereFlQYMxneC-Q0mCjxNzUrYpURimnA7/view?usp=sharing>“Youth” post | Creating a checking and savings account while in high school is just one way to start learning about budgeting! Do you know what it really costs to travel to and from school, practice, work, and your friends’ homes? How much does your cell phone bill or car insurance actually cost? Talk to your family about setting up a bank account and your local Extension agent for learning the basics of money management!  | CatieJo |
| Finances | <https://drive.google.com/file/d/1LAD3gN0WzfRix1Rf1u8ZrLCchQt3awoA/view?usp=sharing>“Adult” post #1 | Do you struggle with overpaying at the grocery store? Shopping your pantry first and creating meal plans from that list is a great option to reduce your grocery bills. Using the ingredients you already have on hand, create a shopping list of additional items needed. Be sure to stick to your list! Online ordering is a helpful tool to stick to just your list. If you shop in-store, wait until after you’ve eaten, so you aren’t tempted to buy food that looks appetizing at that moment. | CatieJo |
| Finances | <https://drive.google.com/file/d/1kS9H3c3tq1bXTal2WC2W5hCOYlI-9dKJ/view?usp=sharing>“Adult” post #2 | Did you know it often takes three months of budgeting before you really get the hang of it? Try to stick with it the first couple months and make adjustments as you go. You will find some items are often more or less expensive than you thought. Talk to your local Extension agent for specific budgeting tips! | CatieJo |
| Finances 1 (Spanish) | <https://drive.google.com/file/d/16t4DgJL5TbLQh7Eg0gsFblgd-KtsCEq6/view?usp=sharing>  | El dinero es una herramienta que nos ayuda a tener lo que necesitamos y lo que queremos. Siga estos consejos para tomar mejor control de sus finanzas.(Money is a tool that helps us have what we need and what we want. Follow these tips to take better control of your finances.) | Ivelisse |
| Finances 2 (Spanish) | <https://drive.google.com/file/d/1v688V5Dgp_Fy1q-unVYvbAvag86APHoe/view?usp=sharing>  | Las emergencias son impredecibles. Ahorre para esos momentos imprevistos.(emergencies are unpredictable. Save for those unexpected moments!) | Ivelisse |
| Healthy Eating | <https://go.ncsu.edu/livingwell-healthyeating> | Saying **yes** is the ultimate commitment. It means agreeing and acknowledging that your health is important. When you say yes to your health, you make wellness a priority in your conscious thoughts and daily actions, which turn into healthy habits! |  Andrea |
| Healthy Eating  | <https://go.ncsu.edu/livingwell-choosehealthy> | Choosing healthier goals makes creating positive & lasting changes easier. So, when it comes to our health, let’s all get in the habit of saying: “YES… and… what else can I do to feel better?” | Andrea |
| Healthy Eating (Spanish) | Smart Food Choices [https://drive.google.com/file/d/1MADbbOxIENG\_d2jIeQ9cVj8Q\_ZichhLl/view?usp=sharing](https://drive.google.com/file/d/12KpGnB3HFqcuOhbV2HBi7YvSBbVmW5BX/view?usp=sharing) | Elegir alimentos chatarra (o no saludables) aumenta el riesgo de padecer enfermedades crónicas. Siga este enlace para aprender más sobre cómo elegir alimentos nutritivos y balanceados.  <https://go.ncsu.edu/livingwelltueligesloquecomes>Choosing junk (or unhealthy) foods increases your risk of chronic disease. Follow this link to learn more about choosing nutritious and balanced foods. | Michelle |
| Healthy Homes  | Healthy Kitchen[https://drive.google.com/file/d/1Jm\_a0GlDDincebEUvmz-qoLKKaoqtzCw/view?usp=sharing](https://drive.google.com/file/d/1qgal-7iFcychofzNxcHEYxSvjuckVzy8/view?usp=sharing) | Is your kitchen a healthy kitchen? Here are some ideas on how to keep your kitchen clean and healthy. <https://go.ncsu.edu/livingwellhealthykitchen> | Michelle |
| Healthy Homes  | Heating and Cooling[https://drive.google.com/file/d/1btE\_4u4AYiXyNw4T9rV6RXqQtYH59IWR/view?usp=sharing](https://drive.google.com/file/d/183pb18QTYz3FBHB2GWSt9HSach2q3P_o/view?usp=sharing) | Have you checked your air filters lately? Follow this link to learn how to keep your home efficiently running and keep your family comfortable. <https://go.ncsu.edu/livingwellheatingandcooling> | Sarah and Michelle  |
| Healthy Homes (Spanish) | Healthy Home Action [https://drive.google.com/file/d/1W\_BVuCmxpn8wG3Qm8V3Q09cuqsJDZsF1/view?usp=sharing](https://drive.google.com/file/d/1wVk_a8Z5ohRBgiOK5NMyPWwcumAOhzS7/view?usp=sharing) | La limpieza de nuestro hogar es la manera más sencilla de mantener la salud de nuestra familia. Este enlace proporciona información acerca del moho, el gas radiactivo (radón), el monóxido de carbono, el asma y las alergias, el humo ambiental, el plomo, el mercurio y los pesticidas. <https://go.ncsu.edu/livingwellhagadesucasaunhogarmassano>Cleaning our home is the easiest way to keep our family healthy. This link provides information about mold, radioactive gas (radon), carbon monoxide, asthma and allergies, second-hand smoke, lead, mercury, and pesticides.<https://www.epa.gov/sites/production/files/2014-05/documents/healthy_homes_brochure_english.pdf> | Michelle  |
| Mental Health | <https://drive.google.com/file/d/1NQVKVXofph-QTJf-mkRXudPG4pR1SU56/view?usp=sharing>“Youth” post | We can all feel a bit lonely and stressed at times. Knowing when to reach out can be difficult. You have lots of support in so many areas around you! Remember to contact your doctor or mental health professional if you are feeling especially distraught. Contact your local Extension agent for ideas to help keep you at your best and ways to stay connected with others! | CatieJo |
| Mental Health  | <https://drive.google.com/file/d/1rPvkPS3hthB2SHwOA27l1h9yRUwKKrEz/view?usp=sharing>“Adult” post | We can also use some stress relieving ideas at times! Check out a few tips if you’re stuck in a rut or are feeling a bit overwhelmed. Remember - everyone is different. If one thing doesn’t work, try something else! Want more ideas? Give your local Extension agent a call, and of course, talk to your doctor or mental health professional if you are feeling especially distraught. | CatieJo |
| Mental Health 1 (Spanish)  | <https://drive.google.com/file/d/13M1YNHUBF2_vG2DQfoKH0CQX6MlZ-Ul5/view?usp=sharing>  | Vea como empezar su Diario de Gratitud en <https://go.ncsu.edu/agradece> ( See how to begin your Gratitude Diary at...) | Ivelisse |
| Mental Health 2 (Spanish)  | <https://drive.google.com/file/d/1CHDTmNpu3N0lGjgS4plRGcmPtttNSMD9/view?usp=sharing>  | ¿Cuán bien está durmiendo? Vea como dormir bien puede merorar su salud en <https://go.ncsu.edu/beneficios_dormir>(How good are you sleeping? See how a good sleep can improve your mental health at…)Suggestions for a Sleeping Routine at…) | Ivelisse |
| Mental Health 3 (Spanish)  | <https://drive.google.com/file/d/1jfmdcqLUKMscIAWLlcBfdbBN4VN23O6u/view?usp=sharing>  | Vea estas sugerencias para una mejor Rutina de Sueño en <https://go.ncsu.edu/sueno> (See these suggestions for ab better Sleep Routine at…) | Ivelisse |
| Physical Activity | 1-in-5 exercise: <https://drive.google.com/file/d/13RDXzNaqo4xClzWB--ImWt6-1PsW4ips/view?usp=sharing> | Did you know only about one in five adults and teens get enough exercise to maintain good health? Aim to get 150 minutes of heart-pumping physical activity each week. Enjoy a brisk walk, dance around your living room, or any other activity that gets your body moving! Learn more from Extension on how you can fit physical activity into your lifestyle! | Emily and Sydney |
| Physical Activity | 150 minutes each week<https://drive.google.com/file/d/17zz6eEAtCj28RmOacYMjvggG4JDx9H43/view?usp=sharing> | Moving more is a simple way to increase your physical activity each week. Take the stairs instead of the elevator. Park further away and walk when going to the store. Set movement alarms to get you up and moving every 30 minutes. If you need more tips on simple steps to mindful physical activity, call your local Extension office, we would love to help! | Emily and Sydney |
| Physical Activity | Being active has its benefits <https://drive.google.com/file/d/1ZzO_svnEkJj_5jAHQ1E11deF9qdFNfR8/view?usp=sharing> | Why is being active so important? There are lots of good reasons to be physically active, including: sleep improvement, mood improvement, disease prevention and management, stress management, weight management, current and future mobility, and pain management! Join our programs at Extension to help get you active and reaping all the benefits! | Emily and Sydney |
| Physical Activity 1 (Spanish)  | <https://drive.google.com/file/d/1FUovB43A8n7gudtOtjiwLvBbSYfOSL7d/view?usp=sharing>  | ¡La actividad física no tiene que ser aburrida! Vea aquí como añadir actividades en su rutina diaria <https://go.ncsu.edu/rutina_fisica> (Physical activity doesn’t have to be boring! Follow this link about adding exercise to your daily routine…) | Ivelisse |
| Physical Activity 2 (Spanish)  | <https://drive.google.com/file/d/16CO496yshPQBUOtaMCzL3kE5XtcHoqG1/view?usp=sharing>  | ¡No hay obstáculo que usted no pueda vencer! Aquí tiene unos consejitos para mantenerse activo <https://go.ncsu.edu/supera_barreras> (There’s no obstacle you can’t overcome! Here are some tips to stay active…) | Ivelisse |