



Building Strong Families

IN LAWRENCE COUNTY



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OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS

In 2018-2019, Family and Consumer Sciences Extension made **9,705** contacts with individuals and families in Lawrence County.

SPOTLIGHT: LAWRENCE COUNTY

Technology in Quilting for a Cause



Lawrence County’s FCS Extension agent developed the program called Sewing and Quilting Technology Workshop. With the fast changes in quilting technology that make things easier, it is important to keep those who sew and quilt up to date on changes and empower them to develop their skills. The workshop consisted of a presentation and demonstrations about new technology in sewing. Participants were able to use a computer to program the machine to sew or quilt and then were able to upload their design to the machine, thread it using the digital tools, and then make their design. All of the participants said that this was the first time they had used a computer to implement any type of quilting and/or sewing.

LAWRENCE COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our commonwealth.

Lawrence County's FCS Extension programming in 2018-2019 led to the following results.



3,030

youth participated in local Extension programming.



604

lifestyles were improved through a focus on proper nutrition.



206

participants reduced costs associated with new home practices.



4,403

volunteer hours were reported by FCS Extension program volunteers.



1,517

participants improved skills that will strengthen families.



1,642

participants reported making positive behavior changes.

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University of Kentucky Family and Consumer Sciences Extension brings you a podcast focusing on nutrition, health, resource management, and more. Available on Apple Podcasts, Google Play and UKFCSExt.podbean.com.

Plate it Up!

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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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