



# Building Strong Families

## IN CLARK COUNTY



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### OUR FOCUS

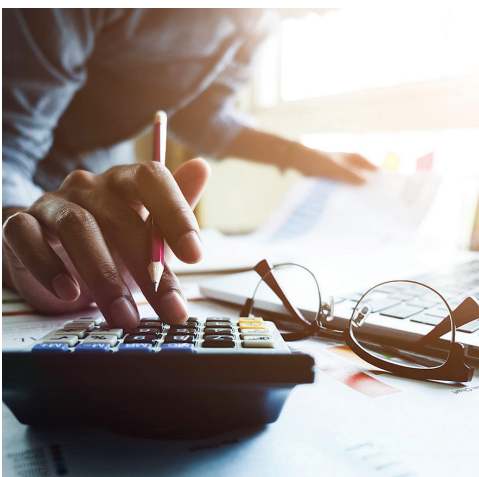
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy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

### OUR SUCCESS

In 2019-2020,  
Family and  
Consumer Sciences  
Extension made  
**144,189**  
direct and indirect contacts  
with individuals  
and families in  
Clark County.

### SPOTLIGHT: CLARK COUNTY

## Retirement planning workshop helps people prepare



Research shows that planning for retirement can be difficult and even stressful. Many people lack the financial education to know where to start to make a significant effort to plan for retirement. The Clark County Family and Consumer Sciences Extension agent, in collaboration with a local attorney and certified financial planner, offered a two-part program about preparing for retirement. The goals of the series were to teach about long-term retirement planning, understanding goals and investments, and preparing for the unexpected. We advertised the class to those who were in the retirement planning phase of their lives, typically younger than 60. Following the program, 70% of participants reported an increase in confidence in defining retirement goals, and more than half of the participants indicated feeling more prepared to start working on those goals.



## CLARK 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.

Clark County's FCS Extension programming in 2019-2020 led to the following results.



**882**

youths participated in local  
Extension programming



**295**

pints of food  
were preserved



**3,502**

miles were walked  
by FCS program participants



**1,589**

volunteer hours were reported  
by FCS Extension program  
volunteers



**119**

participants reported  
gaining knowledge



**179**

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**.

Source: Kentucky Cooperative Extension Reporting, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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