

Lessons for LIVING

A free webinar series
from University of
Illinois Extension.



Contact your local Extension
office for previous lessons.

If you need a reasonable
accommodation to participate,
please contact Cheri Burcham
(217) 543-3755
cburcham@illinois.edu

College of Agricultural, Consumer and
Environmental Sciences. University of Illinois,
U.S. Department of Agriculture, Local Extension
Councils Cooperating. University of Illinois
Extension provides equal opportunities in
programs and employment.

What's in My Food? Decoding Chemicals and Safety

February 10 at 10 AM or August 11 at 2 PM

Discover how to decode food labels, bust myths, and take control of your plate. Ever wonder what's really in your food? In this eye-opening session, we'll walk through the world of natural and artificial food chemicals. Learn how to identify them, understand their impact on food safety, and weigh the pros and cons of their use. From naturally occurring compounds to additives in processed food, you'll gain the knowledge to make informed choices about what you eat.

Gardening on a Budget

April 14 at 10 AM or September 10 at 10 AM

Learn how to start a container garden that nourishes your body and wallet. Starting a container garden can benefit your budget and be a fruitful hobby that satisfies your taste buds. Learn about the start-up expenses for a container garden and plan your produce to supplement your budget.

Fur Real Companionship

May 14 at 10 AM or October 13 at 2 PM

Explore the healing power of companionship, even if you can't care for a pet yourself. Discover the fantastic benefits animals bring to older adults. Research shows that pets can chase away loneliness, provide a sense of purpose, and get you moving. Explore fun alternatives for those who can't care for a pet. Whether you're an older adult, a family member, or a caregiver, this workshop will offer valuable insights and tips on how furry friends can enrich lives and create lasting bonds.

Become a Dementia Friend

June 9 at 2 PM or November 12 at 10 AM

Learn simple, powerful ways to support those with dementia in your community. More than 7 million Americans have been diagnosed with Alzheimer's disease, and many more live with other forms of dementia that impact their independence and well-being. This training allows participants to become a Dementia Friend — someone who understands what it's like to live with dementia and knows simple, practical ways to offer support.

This session training is part of Illinois Dementia Friends and Dementia Friendly Illinois, a member of the [Dementia Friendly America](#) network. Only those attending this live training with an Illinois Extension educator will become a certified Dementia Friend.

Register for webinars at least one week in advance:
go.illinois.edu/2026HCElessons



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