

## **Family and Community Health Sciences**

### **Are You Living Well?**

The Department of Family and Community Health Sciences (FCHS) is a part of Cooperative Extension, the outreach arm of Rutgers New Jersey Agricultural Experiment Station. We serve more than 100,000 children and adults each year.

FCHS research, outreach, and seminars promote healthy eating, physical activity, and health literacy. Our Living Well seminar series presents workshops throughout New Jersey on a variety of topics.

We invite your group, agency, or organization to partner with FCHS to offer these seminars to New Jersey families. We can work with you on a variety of nutrition, health, and wellness topics, including these popular seminars. Contact us today to bring these topics to your group:

- **Add Color to Your Plate...And Move More** – Learn how physical activity and eating more colorful fruits and vegetables, whole grains, and beans, are vital to improving health and preventing diseases.
- **Building Your Family Health History: An Important Legacy** – A family's medical history provides an overview of its predisposition for conditions like diabetes, cardiovascular disease, and certain cancers. Learn how to collect family medical information; conduct an assessment of hereditary risk factors; and develop a personalized health plan to reduce the onset of chronic health conditions.
- **Lighten Up the Fat** – Dietary fats are important in maintaining optimal nutrition and health. Learn the role that good fats play in the diet and how to minimize the other fats to maintain health and reduce the risk of disease.
- **Living Well: It's A Family Affair** – Being healthy and raising healthy kids start with the family. Learn ways that families can work together to improve overall wellness, with tips for healthier eating and strategies to incorporate physical activity into daily life.



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For more information or to contact your local FCHS  
educator visit [www.njaes.rutgers.edu/fchs](http://www.njaes.rutgers.edu/fchs)

- **Small Steps to Health and Wealth** – Learn how to motivate participants to improve both their health and their finances. Small Steps encourages participants to set a health goal and/or a wealth goal and take action to achieve their goals by identifying small progress steps.
- **Supersize America** – Supersize America helps participants understand why large portions and a lack of physical activity are both major problems for most Americans. A series of quizzes on portion sizes, household activity, and calories burned makes this program fun and self-motivating.



### **With FCHS, Health and Wellness Are Just a Click or Call Away**

Contact us to partner and promote health and wellness to the people you serve.

- Click on the FCHS website – [www.njaes.rutgers.edu/fchs](http://www.njaes.rutgers.edu/fchs). Then, select the county of your choice.
- Find the nearest county FCHS representative from the directory – 732-932-5000, option 1.
- Contact your local county FCHS office:

**For more information, visit us at [www.njaes.rutgers.edu/fchs](http://www.njaes.rutgers.edu/fchs).**

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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