

Take Charge of Your Diabetes

Mondays, February 27 – April 3

Pigeon Forge Library 10:00 a.m. – 12 Noon FREE Series – Registration Requested
Six week series that teaches basic skills necessary to self-manage diabetes

Living Well with Chronic Conditions

Wednesdays, April 12 – May 10

Gatlinburg Community Center 10:00 a.m. – 12 Noon FREE Series – Registrations Requested
Five week series explores how to manage symptoms and fight daily complications.

Food Preservation: Canning 101

Tuesdays, June 13 & 20

UT Extension – Sevier County Office 3:30 – 7:30 p.m. Cost: \$20.00 – Registrations Needed
Basics of canning foods safely using research based techniques and recipes. Designed for
individuals with no experience, as well as those who need to brush up on their skills.

Free Pressure Canner Lid Testing

Tuesday, April 25 - UT Extension Office – 2:00 – 6:00 p.m. (No Appointment Needed).
Recommended annually to have the dial gauge of pressure canner checked for accuracy.

Cancer: Thriving and Surviving Series

Wednesdays, June 28 – August 2

Sevier County Senior Center 1:00 – 3:00 p.m. FREE – Registration Requested
Learning practical strategies for making a transition from clinical treatments to daily life.

Farmers' Market Fresh

Fridays, June 23 – July 28

Sevierville Downtown Commons at Gazebo

Promoting fresh fruits and vegetables through weekly food samples and recipes.

Tai Chi for Arthritis

Tuesdays & Thursdays, July 11 – August 3

King Family Public Library 5:30 – 6:30 p.m. Cost: TBA – Paid to Extension Office prior to class.
Learn slow gentle exercises that improve mobility, balance, and relaxation. Recognized by CDC
for benefitting arthritis and fall prevention, but open to all individuals.

For information/registration, contact Linda Hyder, FCS Extension Agent at 865-
453-3695 or lhwyder@utk.edu. (utextension.tennessee.edu or fcs.tennessee.edu)