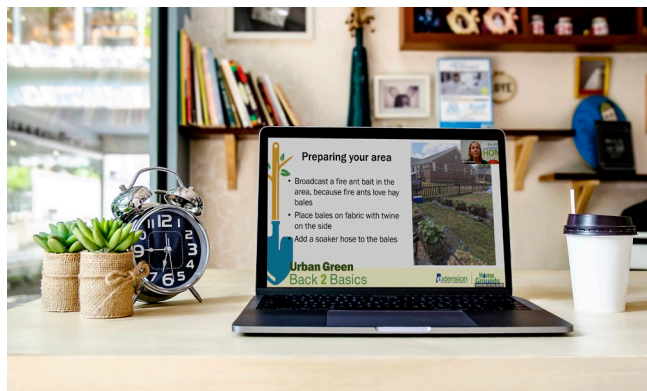


Online Learning Classes September 2020 Schedule

► Same great interactive programming, new virtual platforms

You can now access Urban Extension classes from anywhere with Internet access using your computer, tablet, or cell phone. We are utilizing the Zoom platform and Facebook Live to reach the community with empowering educational resources.

About Zoom – If you are new to Zoom, click on this link to the Zoom website to watch a video that will help you prepare for your class.



September 2020 - Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
10:00 a.m.				Back 2 Basics Wednesdays	Shaping Your Health		
11:00 a.m.		Book Bites					
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.		FLIP Goal Diggers					
8:00 p.m.							

Online Learning Class Descriptions

The Urban Extension online class schedule has been color-coded to help you quickly find classes within topic categories. Click on a class below for more information about registration, course schedule, possible continuing education credits, and future class sessions.

■ Finance

FLIP: Goal Diggers – Teens and young adults, ages 16-25, will learn how to develop SMART goals, vision boards, and actively pursue financial goals by becoming a goal digger.

■ Health & Nutrition

Book Bites – Young children are invited to join us for storytime. We will read a short children's book that focuses on health and nutrition and complete a fun activity.

Shaping Your Health – Have you ever been to the doctor and returned home confused? You are not alone! The CHAMPION Shaping Your Health series is designed to help teens and adults take charge of their health.

September 2020 - Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
10:00 a.m.				Back 2 Basics Wednesdays	Shaping Your Health		
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							

September 2020 - Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
10:00 a.m.				Back 2 Basics Wednesdays	Shaping Your Health	Estate Planning Basics	
11:00 a.m.		Book Bites					
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							

Lawn & Garden

Back 2 Basics – Join us to learn the basics of limited-space gardening and landscaping for urban areas.

Natural Resources

Environmental Education – Whether you are an educator, an environmental professional, or a nature-lover, tune in to discover how you can become a better steward of the environment and its precious resources.

Older Adults

Estate Planning Basics – Participants will learn the importance of having an estate plan and will explore how to begin writing their own plan.

Seniors Safe at Home – The series is set to empower seniors with the knowledge they need to live successfully in their own homes.

September 2020 - Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
10:00 a.m.				Back 2 Basics Wednesdays	Shaping Your Health	Seniors Safe at Home	
11:00 a.m.		Book Bites	Environmental Education				
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							

September 2020 - Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
10:00 a.m.				Back 2 Basics Wednesdays	Shaping Your Health		
11:00 a.m.		Book Bites					
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							

We are on Facebook. Be sure to like and follow the Alabama Extension at Alabama A&M University Facebook page to receive alerts when new classes (events) are added.

We can still meet the needs of groups and organizations. We are currently scheduling both public and private class sessions. If you are interested in scheduling a private session for your group, email Kimberly Holmes to find out which of our programs can be adapted to suit your needs.



Urban Extension, Alabama Extension at Alabama A&M University

For more information, Visit www.aces.edu/go/Urban or contact your county Extension office.

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Revised August 2020

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