

2024-2025 Fort Harrod Area Leader Lesson Schedule

August	September	October	November	January	February	March	April
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Instructor	Multi County Program	Alethea Bruzek	Multi County Program	Kayla Lunsford	Hannah Thornsberry	Jody Paver	Tara Duty	Multi County Program
Lesson Title	Officer and Chairperson Training	Communication Essentials	International Dinner Seminar	Mindful Eating	Have Emergency Health Information	Elements and Principals of Art	KEHA Plays Pickleball	Move your way: Exercise for Everyone
Date	August 20th 10AM @ Mercer County Office	Check with your office for viewing party details	October 16th @ Boyle County Office time TBD	Check with your office for viewing party details	Check with your office for viewing party details	Check with your office for viewing party details	Check with your office for viewing party details	April 30th Franklin County Office @4:30PM
Description	Learn how to be an effective officer or chairperson in your county.	Learn about non verbal communication.	Take a trip around the world to learn dietary recommendations in other countries.	This lesson covers differences in mindless and mindful eating and tips for being more present while you eat.	Learn the importance of an Emergency Health Information Card.	Learn what makes 2D art pleasing.	Learn how to play Pickleball and how to get active!	Learn inclusive exercises for all bodies.