

We know that you may be overwhelmed with the current information about COVID-19 pandemic. We want you to know that the Cooperative Extension office is working diligently to provide trusted resources for you and your family. Our offices are closed to the public, but we are here to serve. Please call or email us with questions, or to schedule a time to pick up soil sample boxes. University lab services are working with limited capacity. We ask that you are patient if you are waiting for lab results.

Take this time to reconnect with your family and unplug for a while. Practice handwashing, play outdoors, take out the board games, cook meals together, and practice self-care (home facials, yoga, reading, crafting). Check out child friendly activities and helpful hints for parents posted to our social media, and informative and timely programming updates through email correspondence and our VCE webpage.

### Upcoming Events

**March 31-June 30** Take responsibility to manage your money in 2020 anytime. This is a self-paced personal finance course. Several courses available such as Credit, Employee Benefits, and Taxes. Also available in Spanish. Go to CashCourse Online Financial Literacy to create a free account at [www.cashcourse.org](http://www.cashcourse.org) Select Virginia State University, then select Instructor Jane Henderson. Ask me Questions on Google Class Enter code: **zwhzmet**

**Virtual Financial Volunteer Training** Living in these times of uncertainty, we have a need for more financial volunteers to assist in our work. Virtual Financial Volunteer training is now available. The 8-week course is available Thursdays April 9 – May 28, from 3-4:30 pm.. Interested volunteers must complete and return the volunteer form by April 7th to receive access to the training. If you are interested in becoming a financial education volunteer, contact Jane Henderson [johns59@vt.edu](mailto:johns59@vt.edu) or call 804-561-2481 to register for this training.

**ServSafe Food Handler Online Course** For a limited time take the Food Handler ServSafe course at no cost now through April 30<sup>th</sup>. Get the essential training every restaurant and foodservice worker needs to keep guests and themselves safe for FREE! This offer includes both the online training and assessment. Visit the ServSafe website or contact [johns59@vt.edu](mailto:johns59@vt.edu) with questions.

These Zoom webinars are open to the Public. You may need to download the free Zoom App to join the meetings.

**April 8** Marital Relations During Social-Distancing Amid COVID-19 – Wednesday April 8 at 10am – <https://virginiatech.zoom.us/j/176814398>

**April 15** Virtual Woods Walk Virginia Forest Landowner Education Program: <https://www.facebook.com/events/2870612929832084/>

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