




### **PURPOSE OF SERIES:**


To provide resources and education at no cost on everyday issues that impact and affect every Fayette County household in order to assist them in their “successful everyday living”

## For Further Information

 979-968-5831

 FAYETTE.AGRILIFE.ORG

 fayette-tx@ag.tamu.edu

 255 Svoboda Lane, Ste 134  
La Grange TX

- **NO COST**
- **BRING YOUR LUNCH**
- **TEA & WATER PROVIDED**

# *Resources For Successful Living* 2024-2025 Lunch and Learn Series

Every 3rd Tuesday  
except December & January  
12:05 - 12:50 p.m.  
Fayette County Agricultural Bldg  
255 Svoboda Lane, Room 104  
La Grange, Texas

**TEXAS A&M**  
**AGRILIFE**  
**EXTENSION**

The members of Texas A&M AgriLife will provide equal opportunities in programs and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

September 17, 2024

“Fraud SecURity You are the Center” by Sgt. Angela Lala, Fayette County Sheriff’s Office. Protect you and your family members from attempts to separate you from your hard-earned money with scam phone calls, internet solicitations, door-to-door salesman. Keep your personal information secure.

October 15, 2024

Legal Planning by Karen Mahoney-Woods, Attorney. It is never too late to prepare all the legal documents every adult should have to ensure that your wishes with regard to health and finances are carried out.

November 19, 2024

Depression and the Holidays by Rannell Foster-Burke, Bluebonnet Trails Community Services. Learn ideas for recognizing and coping with sadness and depression during the holiday season.

February 18, 2025

Ready, Set, Go by Angela Hahn, Fayette County Emergency Manager. Learn how to protect yourself and cope with emergencies and disaster by planning ahead.

March 18, 2025

Financially Ready? Save today for Spending Tomorrow! by Sharon Chovanec, Round Top State Bank. Don’t let the uncertainty of tomorrow stop you from planning and securing your financial future. Your bank wants to help!

April 15, 2025

Medication Management by Travis Ulrich, PharmD, HEB Pharmacy. Get the most out of your medications by understanding their actions, potential side effects, and interactions with food and other medications including supplements.

May 20, 2025

Talking to Your Doctor by Judy Vire, RN FNP-BC and Pamela Slaton FNP-BC. Get the most out of the minimal time you have with your health care provider.

June 17, 2025

Safety and Situational Awareness by Sgt. T. Anderson, La Grange Police Department. Being aware of what is going on around you and practicing simple safety precautions can protect you and others from serious situations.

July 15, 2025

Reliable Internet Surfing by David Bennett, Director of Technology, La Grange ISD. Stay cyber-safe, maintain your privacy and find reputable information on the web.

August 19, 2025

Universal Home Design - TDA - Stay in the home you love by turning your “lifelong home” into a universally designed space through simple do-it-yourself fixes to additions or remodeling Home modifications can make a home safer, more user friendly and livable.

