

COMMUNITY WELLNESS & RECOVERY WORKSHOP SERIES

September 2021



FAMILY WELLNESS

Hiking for Beginners

Workshop ID: 2100

Jennifer Cox

Enjoy Oregon's great outdoors. A one-hour introduction to hiking in Oregon.

Monday, September 13, 12–1 pm

Nutrition for Families **NEW**

Workshop ID: 2127

Ann Raymon

Plan healthy meals for all ages. Simple changes and tips for healthy eating.

Saturday, September 25, 9–10 am



BOOST YOUR CAREER

Finding the Right Career Path

Workshop ID: 2078

Rebecca Salinas-Oliveros

Match your skills and interests to the best career options for you. A 1-hour exploration with a professional career consultant.

Tuesday, September 21, 12–1 pm

Discover more workshops on next page.



MORE INFORMATION AND REGISTRATION

Registration opens Thursday, September 9, 2021.

Register ccrls.org/events/workshops/

Must be 18 years or older to participate. Questions? Contact us at info@ccrls.org. All workshops are offered free to the communities served by the CCRLS Libraries and Chemeketa Community College.

Workshops will be delivered online via Zoom.

Like us on [Facebook](#) to get regular updates and reminders about CCRLS programs



The Community Wellness and Recovery Workshop Series is a partnership of the Chemeketa Cooperative Regional Library Service (CCRLS) and Chemeketa Community College. This project was made possible in part by the Institute of Museum and Library Services CAGML-248046-OMLS-20.



THRIVING AT HOME

Garden On! Cool Season Crops

Workshop ID: 2101

Cynthia Robinson

Extend the growing season - switching from warm to cool season crops, fall/winter prep, frost protection, and more.

Saturday, September 11, 9–10 am

Wednesday, September 22, 5:30–6:30 pm

Local Public Art: A Virtual Tour

Workshop ID: 1953

Deanne Beausoleil

Get out and enjoy the art in your community. Join us for an overview of our local public art.

Friday, September 17, 5:30–6:30 pm



ALSO WORTH LOOKING AT

Chemeketa Small Business Development Center September 2021 Classes

Many class fees waived thanks to CARES Act funding. Great information for small businesses transitioning to new ways of doing business since the pandemic. Topics include starting your business, financial management, and more.

Build Your Biz Online

September 16, 11:30 am–1 pm

Ready, Set, Start Your Business

September 17, 12–1:30 pm

Ways to Increase Web Sales - Best Practices

September 23, 11:30 am–1 pm

Register: tinyurl.com/y4ee37z8

Contact us to learn more:

sbdc@chemeketa.edu

503.399.5088



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