



Human Sciences Newsletter: Regions 19, 26 & 27

January 2025
Winter—Quarterly

Health and Human Sciences Education Specialists—Who Are We?

Upcoming Events

1/27/2025 – Compass—Preschool Environment Series, Online
[Registration](#)

2/3/2025– Powerful Tools for Caregivers Series, Online
[Registration](#)

2/4/2025 – The Science of Parenting—Understanding Research and Reality, Online
[Registration](#)

2/5/2025 - Compass - Family Child Care Environments Series, Online
[Registration](#)

2/6/2025 Safe Food for a Healthy Future - Child Care Provider Training, Online
[Registration](#)

2/11/2025 – The Science of Parenting: Understanding Temperament, Online
[Registration](#)

2/12/2025 – Youth Mental Health First Aid, Online
[Registration](#)

3/17/2025 – Powerful Tools for Caregivers—Class LEADER Training, Online
[Registration](#)

To see a complete list of upcoming events and programs, visit <https://www.extension.iastate.edu/humanosciences/events>.

Health and Human Sciences Specialists offer research-based information and education to help families, businesses, and communities make informed decisions that enhance their lives and workplaces. As the outreach arm of the [College of Health and Human Sciences](#) at Iowa State University, specialists across Iowa's 99 counties translate university research into practical applications for local individuals, families, employers, and communities.

Dawn Dunnegan and Hailey Walker serve the twelve counties in Southeast Iowa, covering Regions 19, 26, and 27.

Dawn and Hailey provide a variety of educational offerings across Southeast Iowa and the state, including caregiving, mental health, suicide prevention, literacy, parent education, chronic disease self management, childcare provider trainings, finance education, and a variety of other health and wellbeing programs. For more program information, visit our [website](#) or check our statewide [calendar](#).



Sign up to join Small Talk

- Learn how to improve your child's early language.
- Receive **FREE** books weekly.
- Prepare your child for school success.

This **FREE** program will be offered Thursdays, January 23rd-March 27th 12:00-1:00pm via Zoom. ***This program is available to families who live in Davis, Jefferson, Wapello and Van Buren counties.** Contact Hailey Walker to register or for more information at 641-895-9037 or hburgher@iastate.edu. **Sign up today, space is limited.**

Walk into the New Year and Better Health

Did you know that walking can improve many chronic health conditions like diabetes, arthritis pain and limitation, weight maintenance, cardiovascular disease, mental wellbeing and more.

Call a friend or family member and consider joining Walk With Ease, a six-week intervention program developed by the Arthritis Foundation. It is designed to help individuals become more physically active through

walking. The program offers participants a chance to participate in a supervised individualized walking plan, learn how to safely progress that program over time, and increase walking ability each week. Participants will learn skills to build healthy habits.



Check with your local county extension office for [Walk With Ease](#) opportunities or sign up for a virtual series to complete independently with coaching calls and emails. Contact CHPcommunity at info@chpcommunity.org or Dawn Dunnegan at dunnegan@iastate.edu.

FREE Online Parenting Workshops Tuesdays in February 6:30-7:30 pm

Parenting is hard work! We have resources for you. The Science of Parenting is offering a four week series in February. Register for one or for all four. These workshops are **FREE** and being offered via ZOOM. Topics will include: Understanding Research and Reality, Understanding Temperament, Children's Ages and Parenting Stages and Positive Discipline.



For more information or to register: go to <https://go.iastate.edu/KZERZQ> or contact Barb Dunn Swanson, Health and Human Sciences Specialist at bdswanso@iastate.edu or call 563-886-6157.



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