

Lizbeth Gresham

FCH

Potter County Family and Community Health (FCH) programs offer research based and practical information for families and individuals on nutrition health and wellness classes, cooking skills and cooking demonstrations, healthy lunch & learns, healthy shopping tips, weight management programs, chronic disease education to include diabetes and heart healthy lessons, financial management classes to include Dave Ramsey Financial Peace University, CEU hours for Child Care providers, fitness activities to include Walk Across Texas community walking events, programs and resources for healthy living for seniors, life skills for strengthening families, balancing work life and back to basic skills like food preservation, clothing & textiles and consumer economics & housing/home environment.



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