

COMMUNITY HEALTH

- Live a healthier lifestyle.
- Manage diabetes and other chronic conditions.
- Increase activity and move more.
- Prepare for emergencies and natural disasters.

HUMAN DEVELOPMENT

- Promote healthy growth in children, youth, and adults.
- Encourage emotional wellness.
- Help families through transitions.
- Support healthy parenting and family relationships.

CONSUMER ECONOMICS

- Live a healthier lifestyle.
- Manage diabetes and other chronic conditions.
- Increase activity and move more.
- Prepare for emergencies and natural disasters.

NUTRITION AND FOOD SAFETY

- Promote healthy growth in children, youth, and adults.
- Encourage emotional wellness.
- Help families through transitions.
- Support healthy parenting and family relationships.

FCS provides Real. Life. Solutions. for real people through education and virtual and hands-on classes. Go to fcs.tennessee.edu now and find out how we can help you



FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE