

FCS Program Request

Contact Person _____ Today's Date _____ Audience size _____

Organization/Group _____ Age Group _____

Address _____

Phone Number _____ Time most easily reached _____

Programs Offered *(Circle the ones you are interested in)*

Parenting

Baby Care

Active Parenting First 5 years

Active Parenting 4th Edition

Active Parenting with Teens

Nutrition

Journey Through Health

Home Food Preservation

Live Well with Diabetes

Empowering Adults to shop eat and Cook

Exercise

Tai Chi

Walk with Ease

Arthritis Foundation Exercise program

Go4Life

Finance

Check and Balance

Pathways to Success

FDIC Money Smart

Dollar Decisions

Family

Forever For Real
(Healthy Relationships)

Co-Parenting

Second Time Around
(Grandparents Raising Grandkids)

Other Not Listed

(Write description of workshop you would like and we will do our best to put one together to meet your needs)

The Following Information is Needed for Federal Civil Rights Reports.

Race and Gender

	Female	Male	Total
White	_____	_____	_____
Black	_____	_____	_____
Native American	_____	_____	_____
Hispanic	_____	_____	_____
Asian	_____	_____	_____
Inter-racial	_____	_____	_____

Place of Residence

_____ On a farm
 _____ Rural area or under 10,000
 _____ Town/City of 10-50,000
 _____ TOTAL

Please complete and return this form to the following:

Seminole County OSU Extension Service
 12827 NS 3650
 Wewoka, OK 74884
 Phone: 405-257-5433

Fax: 405-257-3211
 Email: seminolecounty_oces@okstate.edu