

2019 Leader Lesson Ranking Sheet

Please rank your favorite 1 through 8

Healthy Living

- ___ Waffle IT!-uses for your waffle iron
- ___ Mix it UP!-Drink and Dip Recipes
- ___ Where food meets medicine/Food & Drug Interactions
- ___ Improving Your Memory
- ___ Reflexology
- ___ Cooking with Herbs

Resource Management

- ___ Be Ready for the Storm
- ___ Foil Pack Meals
- ___ Financial Affairs (KEA)
- ___ Creative Uses for Scarves
- ___ What happens to your recycled items

Cultural Enrichment

- ___ Oklahoma State Parks/Staycations
- ___ Oh the Places you'll Go/Oklahoma Daytrips
- ___ Before Rosie the Riveter

Family Issues

- ___ Organizing your pantry for Utmost Efficiency
- ___ Manner Matters
- ___ Cooking with Kids

___ Depression in Families

Leadership

___ Stress Management

___ Positive Attitude

Please choose 1 state and 1 dist.

Approved 2019 OHCE Leader Lessons

Cultural Enrichment-State

Finding affordable & free fun things for Senior to do in Oklahoma

Healthy Living-District

Steps to a healthy brain

Resource Management-District

Aging-Kick it in Gear! Embracing Aging

Leadership Development-State

Managing change through effective leadership skills