



Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

**Serving Henry, Mercer, Rock
Island & Stark Counties**

Our offices are temporarily closed and staff are working remotely. If you need to reach a staff member, you can find their contact information [here](#)

Online learning through Illinois Extension Webinars

Farmdoc daily live: Coronavirus & Ag, 11 AM Tues. March 24,
Register [here](#)

Join Jim Lowe of the University of Illinois Veterinary Medicine College, an expert on infectious diseases, and Todd Hubbs, a farmdoc expert, as they discuss the virology of the coronavirus pandemic and its impact on the general economy and agriculture.

Additional webinars in this series include:

- Fri, Mar 27, 11:00 AM - 11:30 AM
- Tue, Mar 31, 11:00 AM - 11:30 AM

**The Economic Impact of
Coronavirus, 3 PM, Wed. March
25 Register [here](#)**

Dean Emeritus, Professor of Finance and Economics Larry DeBrock will discuss the impact on micro- and macro-economies created by the coronavirus. He will provide an overview of current challenges that exist domestically and abroad, while also providing his insights on opportunities that have been created by this global crisis. Participants will have an opportunity at the end to ask questions directly to Professor DeBrock. Sponsored by Gies College of Business.

Discover Wellness While at Home Series: How High Do You Bounce? Building Your Resilience Thursday, March 26, 2 - 3 pm



**DISCOVER WELLNESS
WHILE AT HOME**

2020 WEBINAR SERIES

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| March 26 How High Do You Bounce? Building Your Resilience | April 16 Who Gets Grandma's Pie Plate |
| April 2 Caregiver Self-Care: Overcoming The Challenges Of Caregiving | April 23 Being Mindful During Difficult Times |
| April 9 Simplify Your Life By Clearing The Clutter | April 30 Someday Is Today-Live Your Bucket List |

Register [here](#)

Many people are feeling overwhelmed, fatigued, and stressed due to current events. With stress identified as a global health epidemic, it is now more important than ever to build resiliency skills to manage and thrive. Highly resilient people have the ability to adapt, recover and grow stronger from adverse situations. Learn what characteristics these resilient people possess that help them create opportunities from challenges, and how YOU can also nurture and strengthen your resilience. This free webinar is presented by Illinois Extension family life educators.

Resources for Responding to COVID-19

The spread and mitigation of novel coronavirus (COVID-19) is an evolving concern for Illinois. This collection of resources can assist families and community leaders preparing for and coping with COVID-19.

[Website Resources](#)

