Given all the challenges, all the Zoom meetings, all the technical glitches, and so many Resource Center went to an online format and still found time to have a food drive for professionals about the importance of water conservation in Arizona. Our Family both went to a virtual mode and continued to help educate teachers and landscape Our SNAP-Ed and EFNEP programs also worked to transition their program to an online research and safety information.

Christmas Tree farm. The Pesticide Safety Education program continued with online Extension and held a virtual class that highlighted an Arizona citrus farm and an Oregon Our Agricultural Literacy and STEM program collaborated with Oregon State University Other horticulture classes were also done online, which actually increased attendance. some very dedicated volunteers, we had a very successful Master Gardener class. Amidst a pandemic and University requirements on social distancing. During much of me was our office's ability to pivot and continue to deliver quality Extension programs constraint by the occupancy limits of the County Master Gardener Program, is a project! We are also using our hands to work on our marvelous oasis and together in the week of March 16. We are some of the many who have chosen gardening but for us, as

amended ticket price. Another new feature for DIG has been Zoom breakout-rooms attendance to the new format and to make gardening information more accessible even after the standard ticket price had been halved, a measure to encourage Net revenue from admissions to the DIG class series was also up in 2020. To come to an end, I would say that we have made great progress and gotten some 19, for example: in Russia, demand for seeds rose by 20%-30% year-on-year in March. By Kai Umeda

To plant and where to plant it with some new supplies that we mixed and soaked dirt we mixed and soaked dirt care of it. planted lots of interesting Extension gave us to use. We

One of the big challenges we faced was making sure everyone was engaged. It's easy to lose focus when you can't see everyone's face. Our new platform allows for better interaction and makes it easier for participants to ask questions and participate. In 2020, we saw a significant increase in attendance compared to previous years. This is likely due to the decrease in in-person events and the rise of virtual options. We are excited about the future of Extension programs and look forward to continuing to innovate and adapt to the changing world of education.

The goals for participants are:

♦ Goal 1: Aim to increase physical activity.
♦ Goal 2: Aim to improve healthy eating habits.
♦ Goal 3: Build social support networks.

The Diabetes Prevention Program is a year-long program with 26 lessons spread across the year. The program is designed to help people with prediabetes prevent or delay type 2 diabetes. The program is delivered in small groups and includes individual coaching sessions to help participants reach their goals.

The Diabetes Prevention Program is a rewarding program (for participants and those of us who facilitate and teach) and it changes peoples' health trajectories and quality of life for the better. Another star participant has lost 18 pounds since August and has incrementally increased their weekly physical activity—no small feat for this busy person! The Diabetes Prevention Program has helped many people improve their health and make significant changes in their daily lives. We are proud to be a part of this program and look forward to helping even more people in the future.

Another challenge we faced was the need to provide materials that could use less water with fewer maintenance inputs. Kurapia is a drought resistant plant that is ideal for arid climates such as Arizona. Turf managers, municipalities, and homeowners are seeking safe, alternative, and require less mowing. Kurapia is a drought resistant plant that is ideal for arid climates such as Arizona. Turf managers, municipalities, and homeowners are seeking safe, alternative, and require less mowing.

Several of our over 650 alumni have been active across the state with several running projects! We are also using our hands to work on our marvelous oasis and together in the week of March 16. We are some of the many who have chosen gardening but for us, as.

References:

To summarize, we have made significant progress in adapting our programs to the current environment. The future looks bright, and we are excited to continue to provide high-quality education and engagement for our community. With the continued support of our partners and the community, we are confident that we will continue to thrive and make a positive impact.

Diabetes Prevention Program is a rewarding program (for participants and those of us who facilitate and teach) and it changes peoples' health trajectories and quality of life for the better. Another star participant has lost 18 pounds since August and has incrementally increased their weekly physical activity—no small feat for this busy person! The Diabetes Prevention Program has helped many people improve their health and make significant changes in their daily lives. We are proud to be a part of this program and look forward to helping even more people in the future.

Another challenge we faced was the need to provide materials that could use less water with fewer maintenance inputs. Kurapia is a drought resistant plant that is ideal for arid climates such as Arizona. Turf managers, municipalities, and homeowners are seeking safe, alternative, and require less mowing.

Several of our over 650 alumni have been active across the state with several running projects! We are also using our hands to work on our marvelous oasis and together in the week of March 16. We are some of the many who have chosen gardening but for us, as.

References:

To summarize, we have made significant progress in adapting our programs to the current environment. The future looks bright, and we are excited to continue to provide high-quality education and engagement for our community. With the continued support of our partners and the community, we are confident that we will continue to thrive and make a positive impact.

Diabetes Prevention Program is a rewarding program (for participants and those of us who facilitate and teach) and it changes peoples' health trajectories and quality of life for the better. Another star participant has lost 18 pounds since August and has incrementally increased their weekly physical activity—no small feat for this busy person! The Diabetes Prevention Program has helped many people improve their health and make significant changes in their daily lives. We are proud to be a part of this program and look forward to helping even more people in the future.