

Preventing and Managing Arthritis workshops planned

Written by Wauneta Breeze
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The National AgrAbility Project is partnering with Nebraska AgrAbility to offer 2 health-related workshops for rural Nebraskans. "Cultivating Healthy Nebraskans" will be offered in North Platte on April 11 and in Grand Island on April 12. A full-day of health education is planned for each location, with workshops running from 9 AM-3 PM each day.

Amber Wolfe, AgrAbility Project Coordinator for the National Arthritis Foundation will be the keynote speaker. Amber is based in Indianapolis and works with the "Arthritis and Agriculture" project nationwide.

Educational topics will include the basics of arthritis, gardening with arthritis, Walk Nebraska, Assistive Technology for farmers, Farm Kids Get Arthritis Too!, Tai Chi, Life Improvement Series, and Nebraska AgrAbility. Educational displays are also planned.

Founded in the 1990 Farm Bill, AgrAbility partners land-grant university Extension and nonprofit disability organizations. With projects in 25 states, its mission is to provide technical assistance, disseminate information and conduct professional training to help farmers and their families overcome physical, mental and emotional disabilities. Nebraska AgrAbility is a partnership of the University of Nebraska-Lincoln and Easter Seals Nebraska.

The National AgrAbility Project, which provides support to state projects and to agricultural

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workers in non-AgrAbility states, is currently headquartered in the Department of Agricultural and Biological Engineering at Purdue University. About 11,000 people have received personal, direct services from AgrAbility since it began operations in 1991. It has helped thousands more with less intensive assistance, such as telephone consultations and referrals.

Pre-registration for the workshop is requested. The \$12 fee will cover workshop materials, lunch and breaks. To register for a workshop, contact your local Extension Office or UNL Extension Educator Nancy Frecks at 800 237 5564 or nfrecks1@unl.edu.

For more information regarding the AgrAbility project or Arthritis and Agriculture, please visit www.arthritis-ag.org or <http://agrability.unl.edu/>.