



# Swain & Jackson County Agent Newsletter

Conditioning, Customer Service & Conservation

Spring 2020

## Conditioning Smokies Spring Ski Walking Schools



### WHAT ARE THE BENEFITS OF SKI WALKING?

- The level of fitness you desire – go at your own pace.
- Walk with friends and participate in a social event – almost at any time.
- The easiest, lowest exertion and pleasurable activity there is!
- Growing stamina and muscular endurance.
- Increased vitality and energy.
- Decreased stress levels.
- Delight in your improved health!

February is American Heart Month! We as North Carolinians should be thinking about heart disease and how we can prevent it with exercise and better nutrition. Ski Walking or "Nordic Walking" (originating in the 1930s in Scandinavia) is a great way to start! Please join us starting next month in both Swain and Jackson counties for the 4th Annual Smokies Ski Walking School.

#### Swain County

March 4, 11, 18, & 25

4:00 PM - 5:00 PM

Swain County

Cooperative Extension

60 Almond School Road

#### Jackson County

March 23 - May 18, 2020

(Every Monday)

5:30 PM - 7:00 PM

Monteith Park, Dillsboro



Be sure to LIKE Cooperative Extension on Facebook and SHARE us with your friends!!

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# Customer Service

## Customer Service & Hospitality Training

Refine your customer service and hospitality skills that you use every day. Learn how to build and maintain a positive visitor friendly business atmosphere



and community. This training integrates Cherokee and mountain values and attitudes into your workplace as a basis for providing excellent customer service. How to take care of customers and co-workers is the theme of this training.



**March 19, 2020**

**11:30 AM - 1:30 PM**

**Swain County  
Cooperative Extension  
60 Almond School Road  
Bryson City**

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**Lunch will be served**

# Conservation

## Arbor Day Celebration: FREE Elderberry Seedling Give-Away



### ARBOR DAY CELEBRATION

Arbor Day is an annual observance that celebrates the role of trees in our lives and promotes tree planting and care. As a formal holiday, it was first observed in 1872, in Nebraska, but tree planting festivals are as old as civilization. The tree has appeared throughout history and literature as the symbol of life. Join us on April 24 for our FREE Elderberry Seedling Give-Away!



#### Swain County

**April 24, 2020**

**10:00 AM – Noon**

**Swain County Heritage Museum**

*(Lawn area in front)*

#### Jackson County

**April 24, 2020**

**2:00 PM – 4:00 PM**

**Mark Watson Park, Sylva**

*(near Charters of Freedom Monument)*

**3-C Newsletter** is published to inform the public about programs that enhance the community with a more healthy lifestyle including personal conditioning, community and economic development such as customer service, and conservation stewardship.

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