



2022 State Training Cohort – First Session  
Tuesday, 18 January, 2022  
9a – 4p

- 8:30 Open Online Session
- 9:00 Welcome, Family & Community Health Programming, and Importance of Volunteers  
Dr. Courtney Dodd, Associate Director for Health, Youth & Families
- 9:30 Howdy Health and Team-based Physical Activity Programs  
Mike Lopez, Extension Program Specialist II
- 10:15 Break
- 10:30 Mental Health and Wellness  
Miquela Smith, Extension Program Specialist II
- 11:15 Accessibility and Inclusivity in Extension Programming  
Dr. Shelby Vaughn, Program Coordinator II
- 12:00 Working Lunch – Discussion: What Extension Looks Like in Our County  
Host County Extension Agent(s)
- 1:30 Better Living for Texans  
Renda Nelson, Program Director
- 2:15 Break
- 2:30 Learn, Grow, Eat, & GO  
Lisa Whittlesey, Senior Extension Program Specialist
- 3:15 Wrap-up and Adjourn  
Andy Crocker, Senior Extension Program Specialist  
Host County Extension Agent(s)