

Did You Know?

UW-Extension Fond du Lac County offers a wide array of resources to you and your family. The majority of resources are free. Look below to see what might interest you.

Your child can learn, play and grow at **Summer Camp** sponsored by Fond du Lac County 4-H: <http://fonddulac.uwex.edu/events-activities>. Children ages 9-14 will swim, make new friends, explore the environment and create crafts. Camp is June 7-10 at Camp Sinawa, near Valders WI. Register now.

The **IGNITE! Entrepreneur Startup Grant** is an incentive to assist Fond du Lac County entrepreneurs with expenses associated with starting a new business. This can include any type of new business from a brick-and-mortar startup to a new invention. The IGNITE! Certification Program consists of entrepreneurs completing key milestone or business development steps with the guidance of an IGNITE! Coach. The first fifteen entrepreneurs who become IGNITE! Certified will be eligible for a \$2,000 grant to be used to assist in starting their business. For more information, visit <http://www.ignitefonddulacounty.com/>.



Rent Smart – Designed for individuals who have trouble getting rental housing due to a lack of rental experience; poor rental history, or general rental knowledge. This is a free 2-part series; both sessions must be attended to receive Rent Smart certificate. Call 929-3174 to register or for more information. Upcoming sessions: May 16 & 18 at the Fond du Lac Public Library; July 11 & 13 at the City/County Govt. Center.

“Latinos Unidos en Fond du Lac,” is a Facebook open group created to connect, educate and empower Latinos in the area. Everyone is welcome to join the group. Latinos Unidos is also hosting monthly meetings with educational topics based on the group’s needs and interests. To learn more contact Araceli Oswald at 929-3170.

“Young Dreamers” is a group created to reach out to the Latino community in Fond du Lac County and introduce them to the 4-H program. This group meets at Sacred Heart the 2nd and 4th Thursdays of each month from 6:30 to 8:00 pm. The members of this group are 5 years old and up, all of them are bilingual. If you or someone you know would like to join us, learn more about this group or become a volunteer, please contact [Araceli Oswald](#), 4-H Youth Development Assistant, at 929-3170. Se habla español.

Community Gardens are located at the corner of Grove Street and Pioneer Road (East Frontage Road). Garden plots are available to the public. Rent starts at \$20 for a 20’ x 20’ plot. Contact [Patty](#) at 920-929-3172 for details.

Master Gardener Plant Sale – Fri., May 19, 12 - 7 pm & Sat., May 20, 9 am – 1 pm at the Fond du Lac County Fairgrounds, Cow Palace. Plants are grown locally. Home gardeners can be assured the plants are suitable for, and perform well, in this garden zone. Master Gardeners will be on hand to offer advice.

Strong Women, Strong Bones™ Strength Training Classes – Want to get fit? Join this safe, effective, evidence-based strength training program. It helps middle-aged and older women build muscle, strengthen bones, prevent frailty, improve balance and increase overall physical and mental health. There are still openings in the Tues. & Thurs. sessions, Apr. 18-Jun. 22, 9-10 am. Fee is \$45. For details, call 929-3173.



EVERYONE can join 4-H - All boys and girls 5 to 19 years old. You can live in the city, town or country. Everyone will have fun, be challenged, learn new things, make new friends and become an active member of your community. Join one of the 20 clubs in Fond du Lac County. We can help you find the right fit for your family. Visit us at <http://fonddulac.uwex.edu/4h> or call 929-3170.



Are you the Parent of a 10–16 year old? Check out www.myparenthetical.com - a free University of Wisconsin Extension sponsored online community for parents of kids ages 10–16. It's a parenting website, blog and social network all in one place. Gain new insights as you connect with other parents.

Healthy Fond du Lac County 2020, www.livingwellfdl.org provides up to date health and wellness related information from Fond du Lac County health care experts. The site features important topics on weight management, dental care, mental health and alcohol abuse. A calendar of upcoming health and wellness-related events is featured for county residents to participate in.



UW College and UW-Extension's impacts are felt deeply in every corner of our state, but are often not shared beyond our classrooms, offices, or immediate communities. Today, we are changing that. [Tap Into It](#) is our effort to facilitate telling our story through our positive impacts. **Tap Into It** will help us bring awareness to the work we do as well as build a database of stories and impacts told in the words of those we serve. To follow our progress or submit your own story, please visit the [Tap Into It](#) website. Thank you for your continued support of UW Colleges and UW-Extension, and we look forward to hearing about how you **Tap Into It**.

*We teach, learn, lead and serve, connecting people with the University of Wisconsin,
and engaging with them in transforming lives and communities.*



For more information, call the Fond du Lac County UW-Extension at 920-929-3170.

227 Administration/Extension Bldg., 400 University Drive, Fond du Lac WI 54935

Monday to Friday, 8:00 a.m. to 4:30 p.m.

<http://fonddulac.uwex.edu/>

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