Lean into Learning at The Commons

Join Stark County, Ohio State University Extension at The Alliance Commons.

Each month we will explore topics that help improve well-being.

Question Persuade Refer: Understand how to recognize the signs of suicide, Persuade someone to stay alive, and refer someone to local services.

Laughter Therapy: Laughter is the best medicine! Explore the benefits of incorporating daily laughter into your life and how to do it!

Universal Design: Together we will review ways to ensure you or your loved one lives in a space that can help to prevent slips, trips, and falls.

Real Colors for Caregivers: Real Colors is an interactive personality tool that is used to help us find ways to better understand each others unique ways of communicating and learning.

Introduction to Mindfulness: Building a better understanding of what mindfulness is and the many benefits it offers to our overall well-being.

June 11, 2025
Question Persuade Refer
4:00-5:30pm

July 9, 2025
Laughter Therapy
4:30-5:30pm

August 20, 2025
Universal Design: Build a space to prevent slips, trips, and falls
4:30-5:30pm

September 10, 2025
Real Colors for Caregivers
4:30-6:00pm

October 8, 2025
Introduction to Mindfulness
4:30-5:30pm

405 S. Linden Ave
Alliance, Ohio 44601

For more information:
Contact: Danille Kemp
330.829.8183

stark.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaes.osu.edu/nondiscrimination. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

THE OHIO STATE UNIVERSITY
EXTENSION
Ohio State University Extension is part of The Ohio State University College of Food, Agriculutural, and Environmental Sciences.