

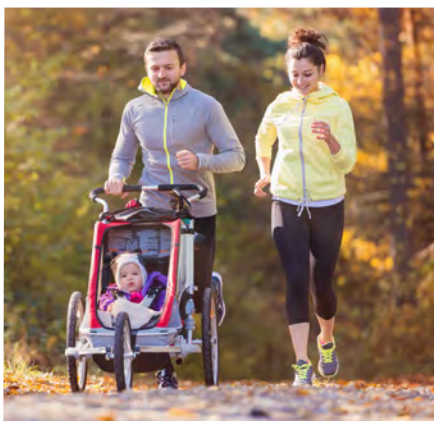


LIVE WELL

Family and Consumer Sciences

Providing you with trusted information
to improve your quality of life.

Family and Consumer Sciences, known as FCS, was founded as Home Economics. Today, we study and apply the sciences that affect the way humans relate with their environment, whether it's their home, their food or their finances.



The Department of Family and Consumer Sciences is part of the University of Arkansas System Division of Agriculture Cooperative Extension Service which is part of the land grant system that focuses on the human dimensions of food and agriculture.

Through the application of scientific research, outreach education and partnerships, FCS helps families and consumers make informed decisions that enhance quality of life and well-being.

UofA **DIVISION OF AGRICULTURE**
RESEARCH & EXTENSION
University of Arkansas System





Educated and healthy individuals and families are the foundation of Arkansas's communities. The University of Arkansas System Division of Agriculture Cooperative Extension Service, Department of Family and Consumer Sciences improves the lives of individuals, families, and communities through cutting-edge research, education, leadership development, and volunteer service programs.

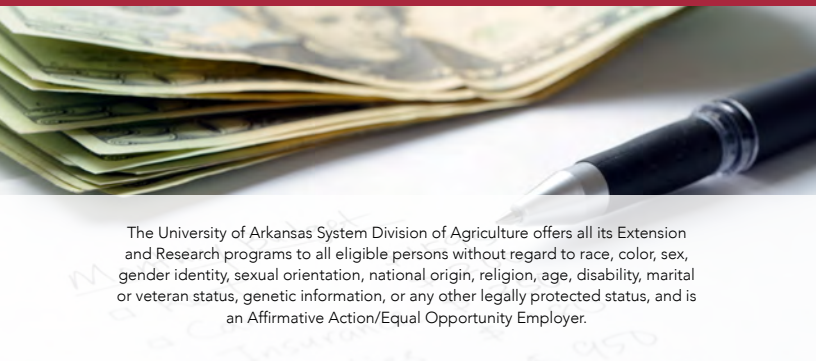
We provide educational programs for Arkansans in all 75 counties. Our local FCS county agents are ready to answer your questions, assist with your wellbeing, and help you navigate life's challenges.



**Spend smart. Improve Health. Manage Stress.
Build Relationships. Raise resilient children.
Exercise and eat right. Strengthen communities.**

Visit us at your County Extension office or online to learn more about all the programs we offer.

UAEX.UADA.EDU/LIFE-SKILLS-WELLNESS



The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.