

My name is Kari Ure and I am new to the Caribou Extension office. I am gathering opinions about the needs of the county. These opinions will be used to determine classes and other programming for the county.

I grew up in Cache Valley. I worked in Utah with Extension for 2 ½ years prior to moving here. My focus is Family and Consumer Science programs for adults and youth (4-H). My prior programs and classes included:

- Finance classes (adults, youth)
- Health eating classes (adults, youth)
- Diabetes Cook Along classes
- Family Meals Classes
- Tai Chi Classes
- Vaping Education in Elementary Schools
- Story Trails (stories set up in trails in parks)
- Freeze Drying Classes
- Mental wellness activities including creativity, physical activity, and music activities (paint nights, learn to ski/snowboard, learn to play the ukulele, book clubs)
- Community dinners (Overcoming trauma speaker, date night speakers for marriage/parenting, etc)

Please complete this survey to share your opinions of needs, current resources, and ways to bring programming to residents. Please share as many specific details about your opinions as possible.

Survey link: <https://tinyurl.com/7rizvydp>

QR Code



I am also establishing an advisory committee that will meet once a year to discuss programming needs. If you are willing to serve on this committee, please let me know. Please include if daytime or evening timing works best for meeting. The meeting should be two hours or less.

If you would like to be added to a notification list for upcoming classes and activities, please email me at [kure@uidaho.edu](mailto:kure@uidaho.edu).

Thank you,

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