

**James Keys, MSA**

Extension Educator – Southern Region

Family and Consumer Sciences

**Central State University, Extension**

[www.centralstate.edu/csuextension](http://www.centralstate.edu/csuextension)

James Keys serves as a Family and Consumer Sciences for Central State University located in Wilberforce Ohio. After 25 years in the Corporate Foodservice arena, a pivot was possible and James took advantage of the opportunity. James began his work with CSU Extension in March, 2021. Central State University is in their early years of working within the 1890 land grant beginning work in 2014.

As an FCS Educator/agent, James utilizes research and programming to address issues affecting Ohio's families and communities. Programs will educate participants on topics such as nutrition, food safety, childhood obesity, family resilience, hunger, healthy living, financial education, mental health, tobacco cessation, substance misuse and aging gracefully through the lifecycle and more such as:

- DEEP – Diabetes Empowerment Education Program
- Families Eating Smart Moving More
- Teen Cuisine
- Freedom from Smoking
- Strengthening Families
- FDIC Money Smart

James is self-motivated with high energy and a desire to change lives. James enjoys building relationships and working with individuals and helping them fill their toolbox with resources that they will need as they grow, live, and learn in life positively impacting the communities of which we live and serve.

James also enjoys biking, strength training, jogging/walking, golf, reading, and listening to motivational and inspirational podcast. His favorite books are 3 Feet from Gold, Think and Grow Rich, Slight Edge and his favorite podcast are Secrets to Success, Social Proof, and anything around Health and Wellness.

Mottos: Health is Wealth ~ Key2anewU ~ Raise the BAAAR