Eat Smart, Move More, Weigh Less
A 15-week weight-management program that uses strategies proven to work. Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Participants track their progress and keep a journal of healthy eating and physical activity behaviors.

Living Healthy
A 6-week course developed by Stanford University to help anyone who lives with ongoing health conditions such as diabetes, arthritis, heart and breathing problems. Learn to increase endurance, strength, and flexibility; use medications effectively; manage symptoms such as pain, fatigue and depression; solve problems and set goals; eat well.

Living Healthy (Continued)

Fall:
Dates: Tuesday’s, September 11 - October 9
Location: Lucile Tatum Ctr., 959 Osceola St., Gastonia
Time: 1:30 - 4:00pm
Cost: Free - but registration is required
Registration Deadline: August 28th

Cook Smart, Eat Smart
Teaches how to prepare simple, healthy and delicious food for you and your family. Simple healthy preparation techniques, simple ingredients and simple equipment. Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home.

Spring:
Dates: Wednesday’s, March 28 - May 2
Location: Lucile Tatum Ctr., 959 Osceola St., Gastonia
Time: 1:30 - 4:00pm
Cost: Free - but registration is required
Registration Deadline: March 14th

Pre-registration is required for all listed classes. Register by contacting Pam Bryson at 704.865.3291 or pbryson@co.gaston.nc.us

(Continued on back)
You Can Can!
You can learn to safely can a variety of foods with Extension’s hands-on classes! Participants will be guided step-by-step in each canning process. You’ll go home with a canned product that you prepared in class.

Choose from either evening or daytime programs:

**Basics of Canning (lecture only)**
- Evening: Tuesday, June 12 @ 6-8pm
- Day: Thursday, June 14 @ 10am—12pm

**Jams, Jellies & Fruit Spreads**
- Evening: Tuesday, June 19 @ 6-8pm
- Day: Thursday, June 14 @ 10am - 12pm

**Chutneys, Pickles & Relishes**
- Evening: Tuesday, June 26 @ 6-8pm
- Day: Thursday, June 28 @ 10am - 12pm

**Pressure Canning**
- Evening: Tuesday, July 17 @ 6-8:30pm
- Day: Thursday, July 19 @ 10am - 12:30pm

For information on these programs or additional information on nutrition and food safety, contact the Family & Consumer Science Agent:
Linda J. Minges, MPH, RD, LDN
Registered Dietitian
704.922.2127
linda_minges@ncsu.edu

Learn about additional resources provided by Cooperative Extension:
Website: gaston.ces.ncsu.edu
Facebook: www.facebook.com/
GastonExtension

Location: Lucile Tatum Center, 959 Osceola St., Gastonia
Cost: $10.00 (per session)

Accommodations for individuals with disabilities: For accommodations for persons with disabilities, contact the instructor no later than 5 business days before the event.

North Carolina State University and North Carolina A&T University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T University, U.S. Department of Agriculture, and local governments cooperating.