



The following workshops are currently scheduled throughout Gaston County. Class descriptions and registration form enclosed. Please note that you must register in advance for all classes. *For further information, contact 704.922.2111 or workshop instructor.*

WORKSHOP	DATE	TIME	LOCATION	REGISTER BY	COST	REGISTRATION INFO
Extension Master Food Volunteer Program	Tuesdays, February 4 - March 24	6:00pm - 8:00pm	Lucile Tatum Center	January 7	\$40	Call 704.922.2127
Matter of Balance	Thursdays, January 30 - March 19 (total of 8 sessions)	2:00pm - 4:00pm	Union Road Library	January 16	n/a	Call 704.852.4073
Cooking Smart with Winter Foods	Wednesday, February 5th	2:00pm - 3:00pm	Ferguson Branch Library	January 29	n/a	Call 704.868.8046
Living Healthy with Diabetes	Tuesdays, February 18 - March 24	9:30am - 12:00pm	Catawba Heights Baptist Church	February 4	n/a	Call 704.825.4678
Building Better Caregivers	Thursdays, February 20 - March 26 (total of 6 sessions)	9:30am - 12:00pm	Catawba Heights Baptist Church	February 6	n/a	Call 704.825.4678
Living Healthy with Diabetes	Wednesdays, April 1 - May 6 (total of 6 sessions)	9:00am - 11:30am	Lucile Tatum Center	March 18	n/a	Call 704.922.2127
Living Healthy with Diabetes	Mondays, May 4 - June 15 (total of 6 sessions)	2:00pm - 4:30pm	Stanley Library	April 21	n/a	Call 704.263.4166

See inside publication for full workshop details.

EXTENSION IS EVERYWHERE FOR NORTH CAROLINA

enriching the lives, land and economy of its residents

Subject matter experts at our land-grant campuses develop research-based programs and education that establish the foundation that supports Extension's immense outreach. County staff in 101 local centers across the state then apply that knowledge to address the challenges facing residents in all 100 North Carolina counties and the Eastern Band of Cherokee Indians.

WORKSHOP DETAILS

Extension Master Food Volunteer Program

Have a passion for food, nutrition, and wellness? Enjoy helping others? If yes, then learn more about Gaston County's new Extension Master Food Volunteer Program (EMFVP)!



Benefits to You

- Gain cooking and knife skills
- Receive nutrition and food safety training
- Participate in day trips to area food processing plants and research facilities
- Make connections to our local food system
- Meet new people who share your interest in food and nutrition - locally and statewide

DON'T SEE A WORKSHOP THAT YOU'RE LOOKING TO FIND?

We are always working to better meet the needs of Gaston County residents. Let us know about your ideas for future workshops and classes. You're input matters!

- Be a part of NC Cooperative Extension's food, nutrition, and wellness workshops in Gaston County
- Make a difference throughout your community

Program Requirements

- 30-hrs educational training
- 30-hrs "shadowing" an agent
- 20-hrs volunteer service annually
- 10-hrs continuing education annually

Registration Process

1. Contact Extension agent, Linda J. Minges, for complete details to determine if this program is right for you:
linda_minges@ncsu.edu or 704.922.2127
2. Complete application form - available online:
gaston.ncsu.edu and by mail.
3. Complete the EMFVP training (30-hrs).

Cost: \$40 (valued over \$1,000)

Instructor: Linda J. Minges

Living Healthy with Diabetes

This 6-week course, developed by Stanford University, is for anyone with diabetes, pre-diabetes, or at risk for diabetes. Participants will learn how to:

- prevent low blood sugar
- prevent and delay complications of diabetes
- eat well
- use medications effectively
- manage pain, fatigue and depression

- solve problems and set goals
- Sponsored by the Centralina Area Agency on Aging.

Free of charge.

Instructors:

- *Farrell Breithaupt & Linda Lewallen (Catawba Heights)*
- *Pam Bryson & Linda Minges (Lucile Tatum Center)*
- *Linda Minges & Ruth Murphy (Stanley Library)*

Cooking Smart with Winter Foods

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for winter?

This session will provide you with a fresh taste of winter flavors and recipes that are sure to help you eat smart and stay warm all winter long.

Free of charge.

Instructor: Linda J. Minges

A Matter of Balance

This 8-session program focuses on fall prevention and increasing physical activity. Designed to improve balance, flexibility and strength. Includes activities to improve balance and strengthen muscles, as well as discussion about fall prevention steps to make throughout your home. Sponsored by the Centralina Area Agency on Aging.

Free of charge.

Instructors: Linda Minges & Ruth Murphy

WORKSHOP DETAILS

Building Better Caregivers

This 6-week workshop addresses the needs of caregivers who care for someone with dementia, memory problems, post-traumatic stress disorder, or any other serious illness or injury.

Participants will learn ways to manage your own fatigue and stress; discover how to manage difficult behaviors and feelings; make good decisions and future plans for loved ones and yourself; connect with other caregivers who understand what you are going through. Sponsored by Centralina Area Agency on Aging.

No cost to participants.

Instructor: Farrell Breithaupt



Extension workshops provide research-based information and practical know-how for BETTER LIVING!

WORKSHOP LOCATIONS

Catawba Heights Baptist Church

311 Belmont Mt. Holly Rd.
Belmont, NC | 704.827.8474

Ferguson Library

913 N. Pryor St.
Gastonia, NC | 704.868.8046

Lowell Community Center

501 W. First St.
Lowell, NC | 704.824.0099

Lucile Tatum Center

959 Osceola St.
Gastonia, NC | 704.865.3291

Stanley Library

205 N. Peterson St.
Stanley, NC | 704.263.4166

Union Road Library

5800 Union Rd.
Gastonia, NC | 704.852.4073

BETTER LIVING WITH EXTENSION VOLUNTEERS

Extension volunteers support these Better Living workshops and much more. If you're looking for opportunities to learn new things and meet new people, then consider being a part of our volunteer groups:

- Beekeepers Association
- Cattlemen's Association
- Extension Community Association (ECA)
- Extension Master Food Volunteer Program
- Extension Master Gardeners Volunteer Association
- 4-H Community Clubs

For further details, contact 704.922.2111.



REGISTRATION INFO

- Pre-registration including payment of registration fees is required by registration deadline.
- Refunds for participant cancellations made after the registration deadline will not be provided.
- Please note that class location, time, and fees vary with each class.
- For accommodations for persons with disabilities, contact 704.922.2111 within five business days before the event.

Registration Deadline

Five business days prior to each workshop.

Learn more about Gaston County Extension and upcoming events online:
gaston.ces.ncsu.edu

NC State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State University, N.C. A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Contact Our Staff

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Available Services

In addition to workshops, Extension provides a variety of services and information such as:

Agriculture

- Commercial Horticulture
- Farm Start-ups, Production, & Marketing
- Farmers Market Grower Permits
- Livestock Production & Pasture
- Local Natural Resource Issues
- Management Training
- NC Farm School
- Pesticide and Waste

Community & Family

- Triple P – Positive Parenting Program
- Volunteer Management

Homes & Gardens

- Beekeepers & Pollination
- Lawns & Gardening Advice
- Nuisance Wildlife
- Pest ID
- Soil Testing Kits

Nutrition & Wellness

- Food Safety Information
- Health & Wellness Information
- Home Canning & Food Preservation Resources
- Pressure Canner Testing

Youth

- 4-H Clubs
- 4-H Summer Youth Programs
- Healthy Harvest School Gardening Program
- Nutrition Programs
- School Enrichment Programs

MAILING ADDRESS

Gaston County
Cooperative Extension
PO Box 1578
Gastonia, NC 28053

PHYSICAL ADDRESS

Citizens Resource Center
1303 Dallas-Cherryville Hwy.
Dallas, NC 28034

OFFICE HOURS

Monday - Friday | 8am - 5pm

FOR MORE INFORMATION

Phone: (704) 922-2111
gaston.ces.ncsu.edu

FOLLOW US ON FACEBOOK

- @GastonExtension
- @ExtensionHealthyLiving
(nutrition, wellness, and food safety programs)