



ONLINE WORKSHOP	DATE	TIME	LOCATION	REGISTER BY
Matter of Balance: Virtual Fall Prevention Workshop	Mon. and Wed., May 3 - June 9 (9 sessions)	9:30 - 11:30am	webinar	4.19.21
Med Instead of Meds	Tues., May 4 - June 8 (6 sessions)	10:00 - 11:00am	webinar	4.27.21
Intro to Home Canning	Thurs., May 13	10:00 - 11:00am	webinar	5.6.21
Home Canning: Jams & Jellies	Thurs., May 27	10:00 - 11:00am	webinar	5.20.21
Cooking Smart with Local Summer Fruits & Vegetables	Wed., June 9	10:00 - 11:00am	webinar	6.2.21
Living Healthy at Home...with Weekly Calls	Tues., June 15 - July 20 (6 sessions)	9:30 - 10:30am	phone	5.18.21
Cooking Smart with Fresh Herbs	Wed., June 16	10:00 - 11:00am	webinar	6.9.21
Intro to Water Bath Canning	Wed., June 23	10:00 - 11:00am	webinar	6.16.21
Home Canning: Pickling	Wed., June 30	10:00 - 11:00am	webinar	6.23.21
Cooking Smart with Local Summer Fruits & Vegetables	Wed. July 14	10:00 - 11:00am	webinar	7.7.21
Cooking Smart with Fresh Herbs	Thurs., July 22	10:00 - 11:00am	webinar	7.15.21
Home Canning: Pickling	Wed., July 27	10:00 - 11:00am	webinar	7.20.21
Matter of Balance: Virtual Fall Prevention Workshop	Mon. and Wed., August 2 - 31 (9 sessions)	2:00 - 4:30pm	webinar	7.19.21
Intro to Pressure Canning	Wed., August 4	10:00 - 11:00am	webinar	7.28.21
Cooking Smart with Summer Fruits & Vegetables	Wed., August 11	10:00 - 11:00am	webinar	8.4.21
Cooking Smart with Fresh Herbs	Wed., August 18	10:00 - 11:00am	webinar	8.11.21

## Information about Better Living Series current workshops:

- All sessions are held online and offered at no cost to participants.
- Ways to register:
  - **Online:** eventbrite.com - search event name/date or visit our events calendar: [gaston.ces.ncsu.edu](http://gaston.ces.ncsu.edu)
  - **Contact instructor,** Linda Minges: [linda\\_minges@ncsu.edu](mailto:linda_minges@ncsu.edu) or 704.922.2127
- Most sessions are recorded and shared with participants - watch when its convenient for you.
- See full workshop details inside this publication.

# WORKSHOP & MEETING DETAILS

## A Matter of Balance: Virtual Fall Prevention Workshop

This 9-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. All sessions are online and participants need a computer with internet and video access. Sponsored by the Centralina Area Agency on Aging.

*Facilitators: Pam Bryson & Linda Minges*

*No cost to participants.*



Source: *Med Instead of Meds*, 2017

## Med Instead of Meds

*Interested in eating the Mediterranean Way, but not sure where to start?* If so, this program is for! The 6-session workshop will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

*Instructor: Linda J. Minges*  
*No cost to participants.*

## Intro to Home Canning

Learn how to safely preserve foods with water-bath canning and pressure canning. Guidelines on a variety of foods provided: jams, jellies, pickles, fruits, and vegetables. Also includes discussion of commonly used canning equipment.

*Instructor: Linda J. Minges*  
*No cost to participants.*

## Home Canning: Jams & Jellies

Participants will be guided through the steps of safe water bath canning for processing jams and jellies. Also includes discussion of commonly used equipment and problems.

*Instructor: Linda J. Minges*  
*No cost to participants.*

## Cooking Smart with Local Summer Fruits & Vegetables

Learn how to make tasty, delicious, and EASY meals using the bounty of summer fruits and vegetables. Featured NC fruits and vegetables include: berries - blackberries, blueberries, and raspberries, corn eggplant, okra, peaches, summer squash. Includes recipes, preparation, and storage tips.

*Instructor: Linda J. Minges*  
*No cost to participants.*

## Living Healthy at Home with Weekly Calls

A 6-week small-group workshop designed to help you manage a variety of chronic health conditions. Weekly sessions are held as a conference call and allows participants to connect with others. Topics discussed include nutrition, physical activity, communication skills, managing pain and meds, plus much more.

Sponsored by the Centralina Area Agency on Aging.

*Facilitators: Pam Bryson, Linda Minges, & Ruth Murphy*  
*No cost to participants.*

## Intro to Water Bath Canning

Participants will be guided through the steps of safe water bath canning and commonly used equipment, and processing guidelines.

*Instructor: Linda J. Minges*  
*No cost to participants.*



## Cooking Smart with Fresh Herbs

Summertime is perfect for enjoying the taste of fresh herbs. Come learn how to add great flavor to foods, while using less added salt and sugar. Recipes, storage tips, and much more to be provided.

*Instructor: Linda J. Minges*  
*No cost to participants.*

## Home Canning: Pickling

Participants will be guided through the steps of quick process pickles, commonly used equipment, and processing guidelines.

*Instructor: Linda J. Minges*  
*No cost to participants.*



Source: *National Center for Home Food Preservation*, 2017

## Intro to Pressure Canning

Participants will be guided through the steps of safe pressure canning vegetables, meats, and mixed foods. Will discuss equipment and processing guidelines.

*Instructor: Linda J. Minges*  
*No cost to participants.*

# WORKSHOP & MEETING DETAILS

## Cattlemen's Association

Meets 3rd Tuesday of each month (7PM) on a quarterly basis primarily at the Citizens Resource Center. Meetings include a business meeting and presentation by a commercial cattle industry vendor or producer concerning pasture management, good feed practices, medications, cattle management, etc.

*Contact Lara Worden at 704.922.2118 for more information.*

## Extension Master Gardener Volunteer Program

Meets on the 3rd Thursday of each month (10AM) at the Citizens Resource Center. Members are trained volunteers who assist with educational programs and answer resident's horticultural questions. The public is invited to many of the workshops held at the monthly meetings.

*Contact Julie Flowers at 704.922.2104 for more information.*

## Gaston County Beekeepers Association

(GCBA) is made up of local beekeepers from Gaston and surrounding counties. GCBA generally meets on the last Tuesday of each month (7PM) at the Citizens Resource Center. Additional workshops on topics such as queen rearing, honey harvesting and wooden ware assembly are offered throughout the year. Visit [www.gastonbee.org](http://www.gastonbee.org) for more information.

## Gaston County Extension & Community Association (ECA)

Meets monthly at the Lucile Tatum Center. Volunteers support a variety of NC Cooperative Extension and community programs.

*Contact Pam Bryson at 704.865.3291 for more information.*

## Gaston County 4-H Clubs

Open to youth ages 5-18 and engage in hands-on learning and leadership development. Clubs members are eligible to participate in State and National 4-H workshops and competitions.

*Contact Rich Chuvala at 704.922.2126 for more information.*

## 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
- Be a part of NC Cooperative Extension's food, nutrition, and wellness workshops in Gaston County

*Contact Linda Minges at 704.922.2127 for more information.*



## REGISTRATION INFO

- Contact 704.922.2111 or workshop instructor to confirm opening availability **before** submitting registration fees (if applicable).
- Pre-registration including payment of registration fees is required by registration deadline.
- Refunds for workshop cancellations made after the registration deadline will not be provided.
- Please note that workshop location, time, and fees vary with each workshop.

## Registration Deadline

- Five business days prior to each workshop.
- For accommodations for persons with disabilities, contact workshop location no later than five business days

**Learn more about Extension and upcoming events online:**  
[gaston.ces.ncsu.edu](http://gaston.ces.ncsu.edu)

**Follow us on Facebook:**  
[@GastonExtension](https://www.facebook.com/GastonExtension)

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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### Lara Worden

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### 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)

## 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
- NC Farm School
- Pesticide and Waste Management Training

### Community & Family

- Gaston Community Garden Network
- 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
- School Enrichment Programs
- School Nutrition Programs

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.