



The following food, nutrition, and wellness workshops are available at no cost to participants - advance registration is required. Our online workshops are recorded and shared with registrants, so that you can watch when is convenient for you.

WORKSHOP	DATE	TIME	LOCATION	HOW TO REGISTER
LIFT: Lifelong Improvements Through Fitness Together (In-Person Workshop)	Q & A Session: Wed. 1/12 Mon. & Wed., 2/7 - 3/30 (total of 16 sessions)	10 - 11am	Kiser Senior Center	Contact Kiser Senior Center by 1/14: Phone: 704.629.5111 or Email: anixon@bessemerciry.com
Cooking Smart with Winter Foods (Virtual Workshop)	Tues., 1/25	10 - 11am	Online	Contact Linda Minges by 1/21: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Med Instead of Meds (Virtual Workshop)	Thurs., 2/3 - 3/10 (total of 6 sessions)	10 - 11am	Online	Contact Linda Minges by 1/28: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Winter Foods (Virtual Workshop)	Tues., 2/22	10 - 11am	Online	Contact Linda Minges by 2/18: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Spring Foods (Virtual Workshop)	Tues., 3/29	10 - 11am	Online	Contact Linda Minges by 3/25: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Matter of Balance (In-Person Workshop)	Mon. & Wed., 4/18 - 5/11 (total of 8 sessions)	9:30am - 11:30am	Lucile Tatum Center	Contact Linda Minges by 4/4: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Spring Foods (Virtual Workshop)	Tues., 4/26	10 - 11am	Online	Contact Linda Minges by 4/22: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu

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

LIFT: Lifelong Improvements through Fitness Together

Our newest program designed to help older adults improve strength, mobility, and build healthy eating habits.

LIFT is an 8-week strength training program held in-person. Participants meet twice a week for 1-hour sessions. This program is designed to help you:

- **Have fun!**
- Improve everyday fitness
- Connect with others
- Make daily activities easier
- Eat smarter
- Build healthy habits to last a lifetime

Free of charge.

Instructor: Linda J. Minges & Andrea Nixon



Cooking Smart with Winter Foods

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for winter? If so, this workshop is for you! We'll 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



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.

Free of charge.

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:

- Pam Bryson & Linda 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: Pam Bryson & Linda Minges

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!

WORKSHOP DETAILS

Cooking Smart with Spring Foods

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for spring? If so, this workshop is for you! We'll provide you with a fresh taste of spring-flavored recipes that are sure to help you eat smart and stay warm all season long.

Featured NC fruits and vegetables include: asparagus, beets, broccoli, bok choy, leafy greens, and strawberries.

Workshop includes recipes, preparation, and storage tips.

Free of charge.

Instructor: Linda J. Minges



BETTER LIVING WITH EXTENSION VOLUNTEERS

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.



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

WORKSHOP LOCATIONS

Kiser Senior Center

123 W. Pennsylvania Ave.
Bessemer City, NC | 704.629.5111

Lucile Tatum Center

959 Osceola St.
Gastonia, NC | 704.865.3291



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 instructor 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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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
- 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 Workshops
- 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