

Extension's Better Living Series

Gaston County

September - December 2022

WORKSHOP	DATE	TIME	LOCATION	REGISTRATION INFO	COST
Extension Master Food Volunteer Training Program	Wed., Sept. 14 - Nov. 2 (meets for 9 sessions)	2 - 4PM	Lucile Tatum Center	Contact Linda J. Minges by 8.31.22	\$40
Eat Smart & Start Simple with MyPlate	Thurs., Sept. 15	10 - 11AM	Webinar	Online by 9.12.22	N/A
Common Nutrition Myths of Diabetes	Mon., Sept. 19	10 - 11AM	Webinar	Online by 9.16.22	N/A
Cooking Smart with Fall Foods	Thurs., Sept. 22	10 - 11AM	Webinar	Online by 9.19.22	N/A
Med Instead of Meds (meets for 6 sessions)	Mon., Sept. 26 - Oct. 31	11AM - 12PM	Webinar	Online by 9.23.22	N/A
LIFT: Lifelong Improvement through Fitness Together	Tues. & Thurs., Sept. 27 - Nov. 17 (meets for 16 sessions)	10 - 11AM	Common Ground - First United Methodist Church of Stanley	Contact Linda J. Minges by 9.6.22	N/A
Eat Smart & Start Simple with MyPlate	Fri., Oct. 14	10 - 11AM	Webinar	Online by 10.10.22	N/A
Common Nutrition Myths of Diabetes	Fri., Oct. 21	10 - 11AM	Webinar	Online by 10.17.22	N/A
Eat Smart with Local Fall Foods	Fri., Oct. 28	10 - 11AM	Webinar	Online by 10.24.22	N/A
Healthy Holiday Hints & Foods	Mon., Nov. 7	10 - 11AM	Webinar	Online by 11.4.22	N/A
Living Healthy with Diabetes (meets for 6 sessions)	Wed., Nov. 9 - Dec. 21 (no mtg on 11/23)	9:30AM - 12PM	Lucile Tatum Center	Contact Linda J. Minges by 9.28.22	N/A
Eat Smart with Local Fall Foods	Mon., Nov. 14	11AM - 12PM	Webinar	Online by 11.11.22	N/A
Healthy Holiday Hints & Foods	Fri., Nov. 18	10 - 11AM	Kiser Senior Center	Call 704.629.5111 by 11.23.22	N/A
Eat Smart & Start Simple with MyPlate	Tues., Nov. 22	10 - 11AM	Webinar	Online by 11.18.22	N/A
Cooking Smart with Winter Foods	Mon., Dec. 12	10 - 11AM	Kiser Senior Center	Call 704.629.5111 by 12.1.22	N/A
Eat Smart & Start Simple with MyPlate	Tues., Dec. 13	10 - 11AM	Webinar	Online by 12.9.22	N/A

Information about Better Living Series workshops:

- Most workshops are held online and offered at no cost to participants.
- Ways to register:
 - **Online:** eventbrite.com - search event name/date or visit the Extension events calendar: gaston.ces.ncsu.edu
 - **Contact instructor,** Linda Minges: linda_minges@ncsu.edu or 704.922.2127
- Webinars are recorded and shared with participants - watch when it's convenient for you.

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
- 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).

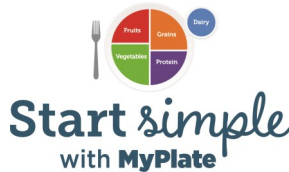
Cost: \$40 (valued over \$1,000)

Instructor: Linda J. Minges

Eat Smart & Start Simple with MyPlate

Overview of MyPlate resources and tools to help you eat smart, cook smart, and move more. No cost to participants.

Instructors: Linda J. Minges & Dietetic Interns



Common Nutrition Myths of Diabetes

When it comes to diabetes, there is a lot of misinformation about what you should eat. Join us for a discussion on the basics of healthy eating with diabetes and learn practical tips to better management. We'll explore common nutrition myths related to diabetes. No cost to participants.

Instructors: Linda J. Minges & Dietetic Interns

Cooking Smart with Local Fall Foods

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for using fall foods? If so, this session is for you! Participants will receive a variety of fall-featured recipes that's sure to help you eat smart all season long. No cost to participants.

Instructors: Linda J. Minges & Dietetic Interns

LIFT: Lifelong Improvements through Fitness Together

Our newest program designed to help older adults improve strength, mobility, and build healthy eating habits. This 8-week strength training program held in-person. No cost to participants. Meets twice a week for 1-hour sessions and 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



Instructor: Linda J. Minges & Dietetic Interns

Med Instead of Meds

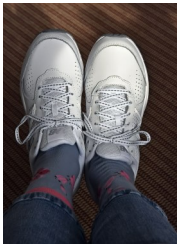
Interested in eating the Mediterranean Way, but not sure where to start? If so, this program is for! The 6-session workshop will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day. No cost to participants. *Instructors: Linda J. Minges & Dietetic Interns*



WORKSHOP DETAILS

Matter of Balance

This 8-session program focuses on fall prevention and increasing physical activity. Designed to improve balance, flexibility and strength. Workshop includes activities to improve balance and strengthen muscles as well as discussion about fall prevention steps to make throughout your home. No cost to participants. Program is sponsored by the Centralina Area Agency on Aging. *Instructor: Pam Bryson & Dana Croston*



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

Sponsored by the Centralina Area Agency on Aging. No cost to participants.

Instructors: Linda J. Minges & Ruth Murphy

Healthy Holiday Hints & Foods

Do you struggle with the holiday season sabotaging your good health? Looking for healthier holiday recipes? Join us for a

discussion on how to enjoy the holiday season, recipe makeovers, how to maintain your health goals.

Instructors: Dietetic Interns

WORKSHOP LOCATIONS

Common Ground - First United Methodist Church of Stanley

5481 Hickory Grove Road
Stanley, NC - 704.263.2691

Kiser Senior Center

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

Lucile Tatum Center

959 Osceola St.
Gastonia, NC - 704.865.3291

BETTER LIVING WITH EXTENSION VOLUNTEERS

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

Gaston County Extension & Community Association (ECA)

Volunteers support a variety of Extension and community programs. *Contact 704.865.3291 for more information.*



REGISTRATION INFO

- Contact instructor to confirm workshop opening **before** submitting registration fees.
- Pre-registration including payment, if applicable, is required by registration deadline.
- No refunds are provided except when a class is cancelled or full.
- Please note that class location, time, and fees vary with each class.
- In the event that minimum registration is not met, workshop may be cancelled at the discretion of the instructor.

Registration Deadline

- Five business days prior to most workshops.

For accommodations for persons with disabilities, contact workshop location no later than 5 business days before the event.

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.

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Contact Us

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NC Cooperative Extension
Gaston County
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)
@NC-EFNEP-Gaston-County

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
- Nutrition Programs