

Extension's Better Living Series

Gaston County

January - April 2023

The following food, nutrition, and wellness workshops are available at limited cost or no cost to participants - registration is required. Webinars are recorded and shared with participants—watch when it's convenient for you. How to register for online workshops:

- Online: [eventbrite.com](https://www.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

WORKSHOP	DATE	TIME	LOCATION	FEE	HOW TO REGISTER
Matter of Balance (In-Person Workshop)	Wed., 1/11 - 3/1 (total of 8 sessions)	2 - 4pm	Lucile Tatum Center	n/a	Contact Linda Minges by 12/30: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Winter Foods (Virtual Workshop)	Tues., 1/10	10 - 11am	Online	n/a	Online by 1.6.23 Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Med Instead of Meds (In-Person Workshop)	Thurs., 1/19 - 2/23 (total of 6 sessions - includes food demos)	10 - 11am	First United Methodist Church of Stanley	\$10	Contact Linda Minges by 12/30: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Winter Foods (In-Person Workshop)	Fri., 1/27	10 - 11am	Kiser Senior Center	n/a	Contact Kiser Senior Ctr. by 1/20: Phone: 704.629.5111 or Email: anixon@bessemercity.com
LIFT: Lifelong Improvements Through Fitness Together (In-Person Workshop)	Q & A Session: Mon., 2/6 <hr/> Mon. & Wed., 3/6 - 4/26 (total of 16 sessions)	3 - 4pm	Lucile Tatum Center	n/a	Contact Linda Minges by /31: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Winter Foods (Virtual Workshop)	Tues., 2/14	10 - 11am	Online	n/a	Contact Linda Minges by 2/10 : Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Winter Foods (Virtual Workshop)	Tues., 3/14	10 - 11am	Online	n/a	Contact Linda Minges by 3/10: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Spring Foods (In-Person Workshop)	Fri., 3/24	10 - 11am	Kiser Senior Center	n/a	Contact Kiser Senior Ctr. by 3/17: Phone: 704.629.5111 or Email: anixon@bessemercity.com
Cooking Smart with Spring Foods (Virtual Workshop)	Tues., 4/11	10 - 11am	Online	n/a	Online by 4/7: Phone: 704.922.2127 or Email: linda_minges@ncsu.edu
Cooking Smart with Spring Foods (In-Person Workshop)	Tues., 4/11	3 - 4pm	Mt. Holly Library	n/a	Contact Mt. Holly Library by 4/4: Phone: 704.827.3581

EXTENSION IS EVERYWHERE FOR NORTH CAROLINA

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.

\$10 (includes 6 sessions)

Instructor: Linda J. Minges



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

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

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

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.



WORKSHOP LOCATIONS

First United Methodist Church of Stanley

5481 Hickory Grove Rd.
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

Mt. Holly Branch Library

245 W Catawba Ave.
Mt Holly, NC | 704.827.3581



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

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

- 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
- Homesteading Resources
- 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