

Better Living Series Workshops

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FOR IMMEDIATE RELEASE

Cumberland County Cooperative Extension's Better Living Series will feature two educational workshops during September.

Both workshops will be held at the Cumberland County Cooperative Extension Center, located at 301 East Mountain Drive, Fayetteville.

“Do's and Don'ts for Fall Landscaping” will be offered Sept. 22 from 12 noon - 1:30 p.m. Join Cooperative Extension experts to learn what to do in the fall to prepare landscapes for the cold months of winter. Attendees will learn the importance of pruning, feeding, planting and maintaining landscapes and turf in preparation for cold temperatures.

“Fresh and Healthy Meals for Families on the Go” will be offered on Sept. 24 from 9 am - 12 noon. Participants will be provided information and techniques for preparing quick and healthy meals for those with busy schedules.

You may pre-register online by visiting go.ncsu.edu/bls_registration or by visiting the Cumberland County Cooperative Extension office. You may also pre-register by contacting Susan Johnson at 910-321-6405 or via email susan_johnson@ncsu.edu.

For accommodations for persons with disabilities, contact Lisa Childers at 910.321.6880, no later than five business days before the event.

