Better Living Series May 2016 Workshops

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FOR IMMEDIATE RELEASE

Cumberland County Cooperative Extension's Better Living Series will provide two workshops in May.

Each workshop requires pre-registration and class registration fee payment at least two business days before the workshop. Workshop fees vary; please check the fee schedule.

Both workshops offered in May will be held at the Cooperative Extension Center, located at 301 East Mountain Dr., Fayetteville.

The workshop: "Beef: Big Nutrition in a Small Package" will be offered May 3 from 12:00 - 1:30 p.m. A representative from the N.C. Beef Council will teach participants which cuts of beef are the leanest, as well as ways to prepare beef. The \$5 registration fee is due by April 29.

"Container Gardening" will be offered May 24 from 12:00 - 1:30 p.m. Cooperative Extension staff will share with participants how they may grow a garden in a limited space using containers. The \$10 workshop fee is due on or before May 20.

Visit the Cooperative Extension website for a complete listing of the 2016 Cooperative Extension Better Living Workshop or for registration information. You may also contact Susan Johnson at 910-321-6405 for more information.

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

