

March 2016 Better Living Series Workshops

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Date: Feb. 12, 2016

FOR IMMEDIATE RELEASE

Cumberland County Cooperative Extension's Better Living Series will provide two workshops during March.

Each workshop requires pre-registration and class registration fee payment one week before the workshop. Fees vary; please check individual workshops for fee schedule.

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

“Spring into Gardening” will be offered on March 8 from noon - 1:30 p.m. Attendees will learn the ins and outs of gardening, including information on how to start and grow a successful garden. Registration fee is \$5 and due by March 1.

“Raw Food Dishes” will be offered on March 31 from noon - 1:30 p.m. Suzanne Cardenas will teach participants how to prepare quick, healthy, meals using raw food techniques through an in-class demonstration. Workshop requires a \$5 fee, due on or before March 24.

Visit the Cumberland County Cooperative Extension website at cumberland.ces.ncsu.edu for a complete listing of the 2016 Cooperative Extension Better Living Workshops or for registration information. You may also contact Susan Johnson at 910-321-6405 for additional information.

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