

September Better Living Series Workshops

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FOR IMMEDIATE RELEASE

Cumberland County Cooperative Extension's Better Living Series will provide two workshops in September. Each workshop requires pre-registration and class registration fee payment at least two business days before the workshop. Workshop fees vary; please check individual workshops for fee schedule.

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

The workshop "Gluten-Free Living" will be offered Sept. 22 from 12:00 - 1:30 pm. A registered dietitian will provide helpful hints toward a more healthy, gluten-free lifestyle. The \$5 registration fee is due by Sept. 19.

The workshop "Composting Ins and Outs" will be offered Sept. 27 from 12:00 - 1:30 pm. Participants will learn how to enrich their soil by learning the greens and browns of composting and how they work to build the soil. The \$5 registration fee is due by Sept. 22.

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

