

## January 2016 Better Living Series Workshops

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### FOR IMMEDIATE RELEASE

Cumberland County Cooperative Extension's Better Living Series returns for 2016, offering new and informative educational programs throughout the year.

Two workshops will be offered in January at the Cooperative Extension Center, located at 301 E. Mountain Dr., Fayetteville.

“Sushi Making” will be offered on Jan. 7 from 12 - 1:30 p.m. Attendees will learn how to make “sticky” rice and assemble sushi rolls. The class will include recipes, instructions and samples. The fee for the workshop is \$5, due on before Dec. 31. Class size is limited.

“Cooking with Soy” will be offered on Jan. 21 from 12 - 1:30 p.m. Soybeans are a healthy source of fiber and high-quality protein, containing no cholesterol and little or no saturated fat. Join Laura Rogers from the N.C. Soybean Producers Association for a hands-on cooking with soy. There is a \$5 fee for this workshop, due on or before Jan. 14.

Registration is required for each workshop. Workshop fees must be paid in advance. Fees vary; please check individual workshops for fee schedule.

Visit [cumberland.ces.ncsu.edu](http://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.

