



FALL AND WINTER PROGRAMS



Join us for these special fall and winter 2018-2019 educational programs offered by the North Carolina Cooperative Extension, Cabarrus County Center, 715 Cabarrus Avenue West, Concord, NC. **Please note the specific location of each individual program.**

“Everything but the Holiday Meal” will be offered on Wednesday, October 24, 2018, at 12 noon. This special program will be highlighting holiday decorating, floral tips, easy-to-prepare appetizers, festive door prizes, and much more. We have “outgrown” the Extension Kitchen and Auditorium so this special program will be offered in **Cabarrus Room A at the Cabarrus Arena and Events Center, 4751 NC Highway 49, Concord, NC!**

A delicious box lunch will be served as you arrive!

This special program is sponsored by the Cabarrus County Extension and Community Association and is open to the public. Preregistration is necessary! Cost per person is \$8.00.

“Quilted Table Runner”

This special hands-on holiday quilting workshop will be led by outstanding ECA Quilting Club members Nancy Carlson and Maureen Hissong at our Cooperative Extension office, 715 Cabarrus Avenue W, Concord, NC. You must be able to operate a basic sewing machine prior to this class and be available to attend both consecutive days of your class. During the 2-session class, you will complete a 40” festive quilted holiday table runner. Sewing machines are provided, as well as quilting quality fabric, batting, thread, pins, and a 9.5” quilting ruler. The ruler and pins will be yours to keep! **The only item you need to bring is a fabric rotary cutter.**

*Class 1 will meet on Thursday and Friday, November 1 & 2, 2018, from 9:30 a.m. to 12:30 p.m.


*Class 2 will meet on Thursday & Friday, November 1 & 2, 2018, from 1:45 to 4:45 p.m.

Cost per person is \$28.00. Space is limited so register today for the 2-session class you want to attend.

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“MED instead of Meds for Better Health”

Eating the Mediterranean way is not only healthy, it is delicious and satisfying! Join us for a series of hands-on cooking classes, **“MED instead of Meds for Better Health,”** on Monday evenings, January 7, 14, 21, 28 and February 4 and 11, 2019, at our Cooperative Extension Kitchen from 6-8 p.m. You will receive many healthy “Med” recipes to prepare and enjoy at home. Preregistration is required, and spaces will be filled on a first-come, first-served basis. Series cost is \$35 per person.



- Register online at <http://cabarruscounty.us/register>

- Register by calling 704-920-3310

- Register in person at NC Cooperative Extension– Cabarrus County Center

- Register by sending check payable to: ***Cabarrus County*** (with class choice listed)

715 Cabarrus Avenue-West, Concord, NC 28027

Class sizes are limited. Register early!

For information, contact: Pamela C. Outen, Extension Agent,
Family & Consumer Sciences, at 704-920-3310 or
Email pcouten@ncsu.edu

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