



UNIVERSITY OF GEORGIA

EXTENSION

Gilmer County



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# Healthier Cooking, Healthier You

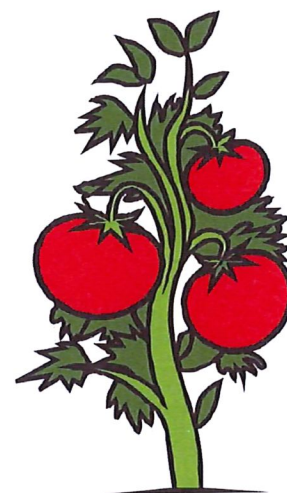
Join us for a **FREE Cooking Class** on Saturday morning, June 9 at the Gilmer County Library in Ellijay. This class will include recipe demonstrations and tastings of healthy, low-cost, quick meals. Participants will be entered into a drawing to win a FitBit Flex 2. We will also discuss USDA MyPlate recommendations for healthy weight management and disease prevention. There's no charge to attend but preregistration is required.

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**Date: Saturday; June 9, 2018**

**Time: 11:00 am – 12:30 pm**

**Location: Gilmer County Library  
268 Calvin Jackson Dr.  
Ellijay, GA**



**Making  
Healthy  
Cooking  
Easier**

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**To pre-register, call the Gilmer County  
UGA Extension office at 706-635-4426.**

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**For more information, contact the class instructor,  
Jessie Moore, Family and Consumer Sciences Agent**

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[extension.uga.edu](http://extension.uga.edu)

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