



September – December 2018

FREE classes

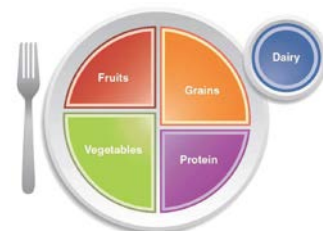
Classes fill quickly, Register now!

We are not born knowing how to eat healthy or budget our money. Let the University of Georgia EXTENSION help you learn, grow and do more! Pre-registration required so call today for one of the free classes listed below.

Updated: 08/07/2018

Nutrition Class (offered monthly)

What you will learn: how to eat healthy without spending a lot of money, the importance of having a grocery list, what it means to eat healthy foods, portion control to prevent weight gain, and more.



Dates, Times, Locations (Pick One Below):

Tuesday, September 11	9:30 – 11:30 am (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay
Tuesday, October 9	9:30 – 11:30 am (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay
Tuesday, November 13	9:30 – 11:30 am (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay
Tuesday, December 11	9:30 – 11:30 am (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay

Money Budget Class (offered monthly)

What you will learn: how to stretch your food dollars, how and where you can save money, the importance of paying bills on time, how to keep track of your spending, and more.



Dates, Times, Locations (Pick One Below):

Tuesday, September 11	1:30 – 3:30 pm (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay
Tuesday, October 9	1:30 – 3:30 pm (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay
Tuesday, November 13	1:30 – 3:30 pm (2 Hours);	Gilmer County Library, 268 Calvin Jackson Drive, Ellijay
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Instructor: Jessie Moore
Family And Consumer Sciences Agent (FACS)
University of Georgia EXTENSION, Gilmer County



Pre-Registration is Required

Call: 706-635-4426

Classes are Free of Charge

Register Today!