

Healthy Living Reset 2025!

Join us for an exciting presentation by Charlene Woodruff!

Wednesday, January 8th, 2025

11 a.m. - 12 p.m.

Fayette County Extension

140 Stonewall Ave., W.

Suite 210

Fayetteville, GA 30215

(770) 305-5412



Ms. Woodruff is a certified chef who enjoys sharing her knowledge and cooking skills with others. Ms. Woodruff will be using lots of the greens from her vertical aeroponic tower garden to demonstrate healthy cooking and eating. In this program, we will:

- Learn the benefits of preparing and eating a healthy diet.
- Have a cooking demonstration using healthy ingredients.
- Learn how to prepare these ingredients to retain their nutritional value.

Only 10 spots available!

You must register online by January 2nd @

<https://extension.uga.edu/calendar/event/24473/healthy-living-reset-2025.html>



Only 10 spots available!



University of Georgia is an Equal Opportunity, Affirmative Action, Veteran, Disability Institution. If you need a reasonable accommodation or language access services, reach out using the contact information provided on this page, at least three weeks prior to the program date.



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