



North Carolina Cooperative Extension - Catawba County Center

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Newton, NC—A leadership development seminar for minority women will be held on Saturday, May 4, 2013 from 9:30 a.m. until 1:30 p.m., at the Agricultural Resources Center, 1175 South Brady Avenue, Newton, NC. The theme for the seminar is *Cook Smart/Eat Smart*.

During this seminar participants will learn how to prepare simple, healthy and delicious food for themselves and their families. Presenter for the seminar will be Toi Degree, family and consumer sciences agent with North Carolina Cooperative Extension in Rowan County.

In addition to the program there will be a catered lunch and numerous door prizes. A silent auction will be held with all the proceeds going to the Minority Women for Change Scholarship Fund.

Pre-registration for the seminar is required so that an adequate number of lunches and information packets can be prepared. Cost for the seminar is \$10. Full payment is due at the time of registration. Deadline to register is Wednesday, May 1, 2013. No refunds will be made for cancellations, but someone can take your place if you find that you are unable to attend. Make checks payable to CATAWBA COUNTY and mail to Minority Women's Seminar, NC Cooperative Extension, PO Box 389, Newton, NC 28658, or come by the Cooperative Extension Center at 1175 S. Brady Avenue, Newton. Office hours are 8:00 a.m. until 5:00 p.m. Monday through Friday. If you prefer to pay with a credit card, call 828-465-8240 for instructions.

Please call Glennie Daniels, Extension Agent, at 828-465-8243 if you have questions.

The seminar is co-sponsored by NC Cooperative Extension and Peoples Bank.