

UPCOMING CLASSES AT THE EXTENSION OFFICE

The following classes have been set for **February and March**. Like all programs at the Extension Office, these classes are open to anyone wishing to participate. You do not have to be a resident of Meade County or even know someone who will be attending! If in the description of the class being held asks that you **pre-register**, please call our office at 270-422-4958. This gives us an idea on the amount of materials we need to prepare. Most classes are free and you are guaranteed to walk away with something beneficial! The Extension Office is located at 1041 Old Ekron Road in Brandenburg. In case of inclement weather, listen to WMMG for cancellations.

Fish Cookery

Wednesday, February 1st at 1:00 p.m., Extension Office. Research shows fish is an important part of a healthy and balanced diet. The American Heart Association recommends eating fish at least two times a week. But are you intimidated at the thought of cooking fish at home? If so, you will want to attend this class which will cover different types of fish, preparation and safety. Jennifer Bridge, Meade FCS Agent will be presenting this session.

Pre-registration is required by Monday, January 30.



Beginning Sewing Workshop

Four part series ~~ Thursdays, March 6, 8, 13, 15. 6:30 p.m., Extension Office.

Cost \$20. Payment is required when registering.

The cost covers workbook, pattern, material, thread and elastic. Participants will make a pair of lounge pants. Marilyn Craycroft will be the instructor. If you have a sewing machine, feel free to bring it. If you do not, a machine will be provided. **Class size is limited so register early!!**



Sincerely,

Jennifer Bridge,
Meade County Extension Agent
For Family and Consumer Sciences
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