

February 26, 2019
PRESS RELEASE
FOR IMMEDIATE DISTRIBUTION

CONTACT:
Spalding County Extension Office
(770) 467-4225

UGA EXTENSION SPALDING PRESENTS HEALTHY MEDITERRANEAN COOKING SERIES

Spalding County Family and Consumer Sciences Agent, Cindee Sweda, will explain the benefits of a Mediterranean lifestyle. This is a two-part series class. Part 1 will be held on Thursday, April 11, 2019, from 6:00 p.m. – 7:30 p.m. Part 2 will be held on Thursday, April 25, 2019, from 6:00 p.m. – 7:30 p.m. Both sessions will be at the Griffin-Spalding County Library, 800 Memorial Drive, Griffin, Georgia 30223. The class is free to attend however reservations are strongly encouraged as space is limited. Call 770-467-4225 to reserve your space.



**HEALTHY
MEDITERRANEAN
COOKING SERIES**

PART 1: THURSDAY, APRIL 11, 2019
PART 2: THURSDAY, APRIL 25, 2019
6:00 - 7:30 PM

Guest presenter Cindee Sweda from the UGA Extension will explain the benefits of a Mediterranean lifestyle and demo a healthy dish at each free class. Classes are at the library, but please call the Extension Office to register at 770-467-4225.

GRIFFIN-SPALDING COUNTY LIBRARY
800 MEMORIAL DRIVE, GRIFFIN, GA 30223

***For more information, contact Spalding County Extension at 770-467-4225.
Email: uge2255@uga.edu Website: www.ugaextension.org/spalding***

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