



UNIVERSITY OF GEORGIA
EXTENSION
 Gwinnett County



Register at www.GwinnettExtension.com.

Environment • Family & Wellness • 4-H Youth Development

March



Love Eating Alone | Free

Monday, March 4 | 11:00am – 12:00pm (code EXT12600)
 Lawrenceville Senior Center | 225 Benson Street, Lawrenceville

Wednesday, March 27 | 10:00am – 11:00am (code EXT12601)
 Buford Senior Center | 2755 Sawnee Avenue, Buford

Whether you plan in advance or decide the day of – you can still maintain your healthy eating style if you cook for one. Discover recipes sized perfectly for you and other tips. Register online using the codes above. Ages 50+

Native Plant Gardening | Free

Tuesday, March 5 | 12:00pm – 1:00pm

Government Annex Conference Room (2nd Floor) | 750 South Perry Street, Lawrenceville

Thanks to Georgia's large and diverse ecology, thousands of indigenous plants thrive here. Learn about some of these native plants and how to easily grow and maintain them. Registration required by March 4. Register online with code ANX14504.

Counting Carbohydrates | Free

Wednesday, March 6 | 10:00am – 11:00am

Centerville Senior Center | 3075 Bethany Church Road, Snellville

Normal blood glucose levels may not only make you feel better and more energetic, but they may also prevent or delay diabetes problems. Control yours by choosing healthy carbohydrates and portion sizes. Register online with code EXT12602. Ages 50+



Cocinando para toda la Vida | Gratis

jueves, 7 de marzo | 10:00am – 1:00pm (código EXT17201)

Arcado Elementary School | 5150 Arcado Road SW, Lilburn

martes, 19 de marzo | 10:00am – 1:00pm (código EXT17202)

Hopkins Elementary School | 1315 Dickens Road NW, Lilburn

Reduzca su riesgo de desarrollar cáncer al enfocarse en la prevención y los hábitos alimenticios saludables. Aprenda sobre las pruebas de detección del cáncer de mama y cervical, reciba información sobre nutrición y disfrute de una demostración de cocina en vivo. Para participantes sin seguro médico. Regístrese en línea utilizando los códigos anteriores.



All about Sweeteners | Free

Wednesday, March 13 | 10:00am – 11:00am

Centerville Senior Center | 3075 Bethany Church Road, Snellville

Satisfy your sweet tooth with healthy sugar substitutes. Discover how to replace sugar with sweeteners in recipes, as well as how they can help control diabetes. Register online with code EXT12603. Ages 50+

Cooking for a Lifetime | Free

Wednesday, March 20 | 12:00pm – 2:00pm (code EXT17203)

Gwinnett Technical College Building 100 (Room 655) | 5150 Sugarloaf Parkway, Lawrenceville

Thursday, March 28 | 10:00am – 1:00pm (code EXT17204)

Arcado Elementary School | 5150 Arcado Road SW, Lilburn

Reduce your risk of developing cancer by focusing on prevention and healthy eating habits. Learn about breast and cervical cancer screenings, receive nutrition information, and enjoy a live cooking demonstration. For participants without health insurance. Register online using the codes above.

Plant Sale Order Pickup

Thursday, March 14 | 9:00am – 6:00pm

Gwinnett County Fairgrounds | 2405 Sugarloaf Parkway, Lawrenceville

It's time to pick up your **preordered** plants. Come early with extra money for the Middle of the Ring Sale! No refunds or late pickups.



Spring Vegetable Gardening | Free

Monday, March 18 | 12:00pm – 1:00pm (code ANX14505)

Government Annex Conference Room (2nd Floor) | 750 South Perry Street, Lawrenceville

Wednesday, March 20 | 6:30pm – 7:30pm (code OSC14502)

OneStop Centerville | 3025 Bethany Church Road, Snellville

Fresh green beans. Crisp lettuces. Tasty radishes. Understand which vegetables grow best in this area and how to care for them so you can indulge in tasty produce right from your own backyard. Register online using the codes above.



A Healthy Brain | Free

Tuesday, March 26 | 12:00pm – 1:30pm

Gwinnett Technical College Building 100 (Room 106) | 5150 Sugarloaf Parkway, Lawrenceville

Uncover how brain cells change with age and their impact on your health, as well as easy and fun ways to protect your brain against Alzheimer's and other dementias. Register online with code EXT17100.

Diabetes-Friendly Recipes | Free

Wednesday, March 27 | 10:00am – 11:00am

Centerville Senior Center | 3075 Bethany Church Road, Snellville

Enjoy your favorite dishes without sacrificing taste by making simple modifications that support your healthy eating style. Register online with code EXT12604. Ages 50+

SUMMER CAMP ALERT

Rock Eagle Camp | \$360 (includes transportation, lodging, food, insurance, and shirt)

Monday – Friday, July 8 – July 12

Rock Eagle 4-H Center | 350 Rock Eagle Road, Eatonton

Join us for the camp experience of a lifetime! Participate in a fun-filled week of supervised indoor and outdoor educational and recreational activities, such as canoeing, crafting, forestry, hiking, swimming, and more. To register, complete the form online. Three-month payment plan available. Grades 4th and 5th

