



August 14, 2013

Mark your calendar!

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Gwinnett County Government hosts many events, classes, and workshops for its residents. See these great events and more at www.gwinnettcoutryevents.com.

This Week

Protein: Are you getting enough? | FREE

August 15 from 11:00am to noon. Learn how much protein you need and how much protein is contained in different foods. The class will be held at Norcross Senior Center, 5030 Georgia Belle Court in Norcross. There is no cost for the class and registration is not necessary. For more information, call the Gwinnett Cooperative Extension Service at 678.377.4010.

Three Dimensional Art Show | FREE

Open through August 16. Bree Sauers of Tannery Row Artist Colony creates treasures from discarded finds. View an exhibit of mixed media that includes landscapes, still-life, and a paper and plaster dress collection! Gwinnett Historic Courthouse, 185 West Crogan Street in Lawrenceville. For more information, call 770.822.5450.

More Herbs, Less Salt at McDaniel Farm

August 17 or August 24 from 10:00am to noon. More Herbs, Less Salt Day promotes use of healthy herbs over salts. Come create your own special McDaniel Farm blend of herbs, tour the herb garden, and learn how to recognize common herbs and their many uses. McDaniel Farm, 3251 McDaniel Road in Duluth. Cost: Base price \$8 per person; Gwinnett resident \$5 per person. Pre-registration required by August 15 by calling 770.904.3500. For more information, visit www.gwinnettEHC.org.

Next Week

FIRST® LEGO® League Teams: NATURE'S FURY Challenge

Mondays, August 19 to March 31 from 6:00pm to 7:30pm. For youth ages 9 to 16. Youth will be challenged to think like scientists and engineers and teams will build, test, and program an autonomous robot to solve real-world problems. Cost: \$85 non-refundable registration fee for August through March with \$12 monthly dues. Centerville Community Center, 3025 Bethany Church Road in Snellville. To preregister, call 770.985.4713. For more information, contact Fran Thompson at fthomps33@myinventorsclub.com.

Family Campout

August 23 at 7:00pm to August 24 at 8:00am. Celebrate summer with a campout under the stars! Enjoy a chuck-wagon-style dinner, fun games and activities, plus breakfast in the morning! Pack up your tent and camping gear for a night in the great outdoors, without the travel expense. All ages welcome. Must pre-register by August 20. Tribble Mill Park, 2125 Tribble Mill Parkway in Lawrenceville. Cost: \$9 per person, [register here](#) or \$31/family of four, [register here](#). Call 678.277.0900 for information.

Fall Vegetable Gardening | FREE

August 28 from 10:00am to 1:00pm. Learn how to start a fall vegetable garden and discover various types of vegetables you can grow in it. Cooperative Extension Conference Room located on the fourth floor of the Gwinnett County Government Annex Building at 750 South Perry Street, Suite 400 in Lawrenceville. Pre-registration is required by August 26 by contacting Timothy Daly at 678.377.4010 or timothy.daly@gwinnettcoutry.com.

Future Events

Cooking for Cancer Prevention Class for Women | FREE

August 27 from 10:00am to 2:00pm. Learn how to prepare delicious meals and snacks and how to select foods that may help lower your risk of developing cancer. You will also learn how to prepare food and lower fat and sodium, less sugar, and more fiber and how to choose healthier foods in the grocery store. All attendees will enter their name in a drawing to win exciting prizes including a gift certificate. The class is free, however registration is required by contacting Linda Lozada at 770.449.6515 or at linda@gwinnettville.com.

Public Safety Fall Festival | FREE

September 28 from 10:00am to 2:00pm. The Gwinnett County Police Department and the Gwinnett County Department of Fire and Emergency Services will host the fourth annual Public Safety Fall Festival at Coolray Field, home of the Gwinnett Braves, 2500 Buford Drive in Lawrenceville. This event will feature fire truck, police motorcycle and helicopter displays, safety training demonstrations, kids' activities, pet adoptions, community yard sale, and a softball face-off between Gwinnett County police officers and firefighters. Everyone is invited to attend this free event, so bring the whole family. You won't want to miss out on the fun! For more information, please contact the Gwinnett Police Crime Prevention Unit at 770.513.5119 or Gwinnett Fire Community Risk Reduction-Education Section at 678.518.4845.

www.gwinnettcouyevents.com

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