

Morgan County Workshop Series 2010

Location: Morgan County Administration Bldg Auditorium
48 W. Young Street, Morgan. Room 26

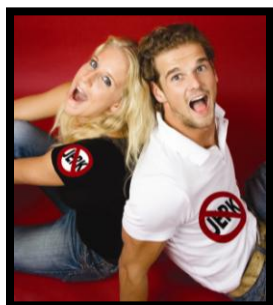
Time: 7:00 PM

Cost: \$2.00 (\$1.00 if you pay 24 hours prior to class)
(Excludes "Holidaze" Workshop)

RSVP: (801) 829-3472

Wednesday, January 27, 2010 Slashing Costs and Expenses

Did the holidays break the bank and your budget? Are you finding there is too much month at the end of the money? We'll share tons of ideas to help you cut costs and expenses in all areas of your home and life. We'll also demonstrate some simple, yummy recipes that won't break the bank.



Tuesday, February 23, 2010 How to Avoid Falling in Love with a Jerk or Jerk-ette

Is it possible to fall in love and not lose your head? Yes! Learn to protect your heart with key areas that reveal if your partner is marriage material during this fun filled class taught by Weber County Extension Educator Naomi Weeks. Refreshments will be served.

Tuesday, March 23, 2010 Eat Healthy and Stay Healthy: Heart Disease

Heart disease continues to be the #1 cause of premature death for both men and women in the United States. We'll share some simple suggestions for lowering cholesterol and saturated fats in your cooking. You'll also be able to sample some great low-fat recipes!

Tuesday, April 13, 2010 Emergency Preparedness: Financial Information Binder

What can we learn from recent floods, fires, and hurricane disasters? What do you need to know and have ready if you are forced to leave your home quickly during a disaster or medical emergency? Learn how to put together a financial information binder for all of your important papers. Refreshments will be served. (Pre-made binders will be available to purchase for \$15).

Thursday, May 27, 2010 Freezer Mixes and Meals

Take the guesswork out of cooking by making these freezer meals and mixes ahead of time. This time-saving craze has become very popular for busy households. Make an entire month's worth of meals in one day? Many people swear by this system and would never go back to cooking every night. This class could take a load off your busy schedule! Freezer-ready meals and mixes will be demonstrated and sampled.



Thursday, June 17, 2010 Money Habitudes

"Habitude" is a real word! It is a combination of the habits and attitudes that influence our actions and behavior. Come learn about your Money Habitudes in a novel, non-threatening environment. We will discuss how habitudes may affect your ability to save money and how you can be aware of individuals whose Money Habitudes are opposite of yours. Refreshments will be served.



No workshop in July. See you at the Morgan County Fair!



Thursday, August 12, 2010

Canning Spectacular

Come learn from Extension Food Preservation Specialist Bryan Nummer! This workshop will benefit the beginning canner to the expert. Watch a canning demo, learn some more about safe canning practices and get answers to questions from beginner to expert. Updated processing times for Morgan County will be available. Refreshments will be served.

Thursday, September 9, 2010

Choosing A Financial Professional

Should you use a financial professional? Which financial services do you want? What do the different titles of financial professionals mean? People are often unsure how to choose a financial professional. We've found an entertaining way to tell you all about choosing financial professionals that meet your needs. Refreshments will be served.

Thursday, October 21, 2010

Crockpot Cooking

Hectic schedules and limited time make the Crockpot an integral appliance in your kitchen! Simply place the ingredients in, turn it on and walk away knowing you will return later to a delicious homemade meal. This class will provide tips about using the Crockpot all year-round and allow you to sample some great recipes to try at home.

No workshop in November. Enjoy the Holidays!

Thursday, December 2, 2010 Holidayze!!!

We're providing several workshops to get you ready for the holidays. These classes are still in the planning stages. Separate registration forms will be available in late August or early September. These classes fill up fast and seating will be limited. Prepay and register by Tuesday, November 23rd, 2010.



For more information, contact Amanda Horrocks at 801-829-3472

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