

AGING WITH GUSTO

"Aging with Gusto" is a one day conference that promotes education and healthy living for adults. Participants will explore native cultures of many countries around the world and learn how to prepare delicious and nutritious recipes. Our 2019 theme is "Cooking with Gusto!" It is our hope that this year's workshops will help you increase your nutritional well-being.

AGENDA

8:30 AM REGISTRATION-HOSPITALITY

10:00 AM Morning welcome

2019 Aging with Gusto
Chairperson/Hostess for the Day
Dee furlough, Extension Agent, FCS, Dare
and Tyrrell Counties

10:15 AM WORKSHOP SESSION 1

11:15 AM WORKSHOP SESSION 2

12:15 PM RAFFLE CLOSSES

12:30 PM LUNCH

12:45 PM ENTERTAINMENT

1:45 PM DOOR PRIZES/EVALUATION

2:00 PM ADJOURN

World Culinary Tour Workshops

"La Saludable Cocina Mexicana" (The Healthy Mexican Kitchen) Join Dee in the kitchen as we learn about the rich history of Mexican cooking, the health benefits of Mexican foods and check out some ingredients that may be new to you. Of course, there will be recipes and samples for everyone! Come ready to spice up your morning! Hasta entonces! (Until then!)

Caribbean food has a distinct flavor and a rich history. Try some island-inspired dishes, and learn about the culture that has shaped this cuisine.

Med Instead of Meds Learn about the Seven Elements of the Mediterranean Meal and sample simple and tasty recipes that promote a healthy lifestyle.

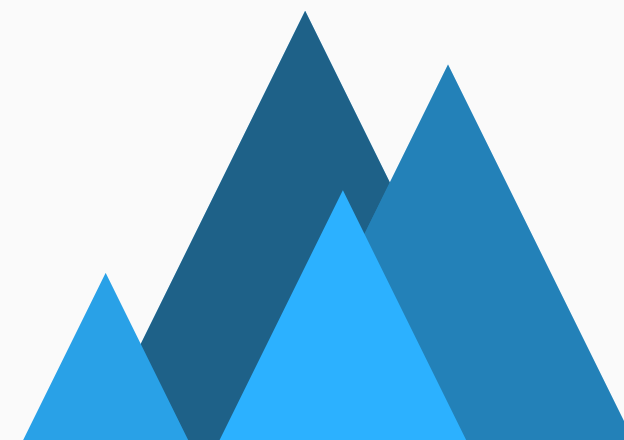
Yàzhōu měishí (Asian Cuisine) Konnichiwa! Take a journey through asian culture, discover various asian cooking methods and learn a few interesting asian trivia facts. Healthy, delicious asian recipes will be available to taste.

African cooking, like Africa itself, is full of surprises, magical, with fantastic elements of several cultures. Join us as we explore African cooking; there is much to discover with this delicious, and amazing varied cuisine!

Spicy, rich, flavourful and diverse are terms to describe **Indian** food. Come learn all about the interesting spice combinations of Indian food that apply to a healthy lifestyle.

Germans love rich, hearty cuisine, though each area of **Germany** has its own definition of what a traditional meal looks like. Try some traditional German dishes and learn about the customs of this rich culture

France is a country where approximately 500,000,000 snails are eaten every year. But don't worry, we will concentrate on other dishes traditional to the area. Try some uniquely french dishes and learn about the culture of this snail eating country.



Please complete and return this registration form along with your \$12.00 check made payable to Pasquotank County Farm Service by September 27, 2019. Return to: **NC Cooperative Extension, Pasquotank County Center, Attn: Ellen Owens, PO Box 1608, Elizabeth City, NC 27906-1608.**

Name _____
Address _____
City _____ State _____ Zip _____
Email Address _____
Phone _____

Accommodation requests related to a disability should be made by September 27 to Olivia Jones, 252-232-2262,
Olivia_Jones@ncsu.edu

Please write numbers (1&2) indicating your first and second choice for each session time slot, otherwise classes will be assigned. Space is limited.

Session 1: 10:15-11:00 AM	Session 2: 11:15-12:00 PM
_____	_____
"La Saludable Cocina Mexicana"	German
Caribbean	African
Med instead of Meds	French
Yāzhōu měishì	Indian

Registration is on a first come, first served basis with a maximum capacity of 150. Registration is transferable, but non-refundable. NO registration will be accepted at the door or after the deadline.

Contact Us

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NC COOPERATIVE EXTENSION



Aging with Gusto 2019 Theme: *Cooking with Gusto!*

Sponsored by NC Cooperative Extension



October 10, 2019
10 am to 2 pm

NC Cooperative Extension Center
Currituck County
120 Community Way
Barco, North Carolina