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Wellness Wednesday!

**JOIN BERTIE COUNTY EXTENSION AS WE EXPLORE A
DIFFERENT TOPIC EVERY WEDNESDAY STARTING
SEPTEMBER.**

More In My Basket (MIMB) Sessions

- Getting More Out of Your Food Budget **9/21**
- Developing a Household Food Budget **9/28**
- Versatile Pantry **10/12**
- More In My Basket At the Market **10/19**



Time: 11 AM - 12 PM

Location: 104 Lancaster Avenue, Windsor, NC 27983

Contact: Elizabeth Baker Phone: 252.794.5317

Email: embaker6@ncsu.edu

In compliance with the Americans with Disabilities Act, NC State will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to:

Event Coordinator Name, Email or Phone Number.

Requests can be served more effectively if notice is provided at least 10 days before the event.