

Weigh Less Classes

Instructor	County	Dates of classes	Location of classes	Time of class	Cost	How to register
Margo Mosley & Angelia Bowman	Alexander	-(Lunch & Learn: January 8 th) at 12 & 1:00 at CVCC Alexander Campus -Classes January 17 th – April 24 th	YMCA 3 rd floor conference room. YMCA 168 West Main Avenue Taylorsville, NC 28681	5:15 to 6:30pm	\$10	YMCA will be registering participants - 828-632-2232
Tres Magner	Avery	January 8 th - April 29 th (Tuesdays)	Cannon Memorial Hospital in the Oak Room 434 Hospital Drive, Linville, NC 28640	5:30-6:30pm	\$20	Call Tres - 828-733-8270
Susan Chase	Beaufort	January 29 th - April 22 nd	Auditorium of the Beaufort County Cooperative Extension office in Washington	noon	\$32	Call 946-0111
Mary Morris	Bertie	February 5 – May 13	YMCA in Windsor, NC ***non-members welcome	5:30 – 6:30pm	\$15	Call Mary Morris – 252-794-5319
Pam Outen	Cabarrus	January 16 th - April 23 rd	Cabarrus Governmental Center 2 nd Floor, 65 Church St South, Concord	12:15-1pm	\$25	www.cabarruscounty.us/ReservePartner/?c=Common/Home Go to Cooperative Extension then Family and Consumer Science, class 1303
Kelly Canupp & Katy Wineland	Craven	February 5 – June 3	***Location Change – West New Bern Recreation Center	6:00 – 7:00pm	\$45	Call Kelly Canupp - 252-633-1477
Georgia Kight, Anne Huss, Amy Cowan	Currituck	January 23 – April 30	Extension Kitchen, Historic Courthouse, Rm 214, 153 Courthouse Road, Currituck, NC 27929	12 noon-1pm	\$10	Call 232-2261

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Amanda McDaniel	Dare	January 22 nd – April 29 th (Tuesdays)	Dare County Cooperative Extension Center 517 Budleigh Street, Manteo	12-1:00pm	\$45	Reserve your space by paid registration by January 15, 2008
Jami Lawhon & Colleen Puceta	Davie	Feb. 4 th -March 31 st	Davie Family YMCA 215 Cemetery Street Mocksville, NC 27014	6-8:30pm	TBA	Call Jami Lawhon - 753-6100 or Colleen Puceta -751-8700
Joan Reid	Granville	Feb 25 to May 19	NC Cooperative Extension, Granville County Center 208 Wall Street, Oxford, NC 27565	Noon to 1 p.m.	\$25	Call 919-603-1350 for registration and payment details.
Shenile Ford & Joy Brock	Greene	January 14 th - December 9 th	Greene County Complex/ Large Meeting Room	5:30-6:30pm	\$15	Sign up registration in office or submit by mail.
Amy Wolfe	Hyde	January 3 rd - May 8 th	Hyde County Courthouse, Learning Kitchen, Swan Quarter, NC	12:00-1:00pm	\$15	Call 926-4487
Sherrie Peeler	Macon	January 7 th - May 5 th	Macon County Extension Center 193 Thomas Heights Road Franklin, NC 28734	10am 12 noon and 2pm	\$5	Call 828-349-2048
Sue Estridge	Madison	April 3 rd – June 5 th (Thursdays)	Madison County Cooperative Extension Center 259 Carolina Lane Marshall, NC 28753	12:30-1:30pm Or 6:30-7:30pm	\$20	Call 828-649-2411
Robin Taylor	Onslow	January 10 th - March 13 th (Thursdays)	Onslow County Multipurpose Complex 4024 Richlands Highway, Jacksonville, NC 28540	6:30pm	\$60	Contact Robin Taylor – 910-455-5873
Katherine Kemp	Onslow	January 10 th - March 13 th	Onslow County Multipurpose Complex 4024 Richlands Highway, Jacksonville, NC 28540	6:30-7:30pm	\$60	Call 910-455-5873

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Susan Reece	Pitt	1/9/08-5/7/08 (every other Wed.)	St. Mary's Baptist Church 1691 Stanton Mill Road, Greenville, NC 27834	6:00 PM	\$10	Susan Reece 252-902-1714 or Peggy Gatlin 252-531-9304
Susan Reece	Pitt	1/16/08-5/14/08 (every other Wed.)	St. Mary's Baptist Church 1691 Stanton Mill Road, Greenville, NC 27834	6:00 PM	\$10	Susan Reece 252-902-1714 or Peggy Gatlin 252-531-9304
Susan Reece	Pitt	2/13/08-4/23/08 (Every Wednesday)	Family Medicine Clinic Classroom PCMH 2100 Stantonsburg Road, Greenville, NC 27834	11:00 AM	\$30	Susan Reece 252-902-1714 or Kay Craven 252-744-5463
Susan Garkalns & Shea Cox	Randolph	January 15 th - April 29 th (Tuesdays)	Balfour Baptist Church Annex 1642 N. Fayetteville Street, Asheboro, NC 27203	4:00 – 5:00pm	\$30	Call Extension Office – 336-318-6000
Toi N. Degree	Rowan	January 28 th - May 12 th	Rowan County Agriculture Center, 2727- A Old Concord Road, Salisbury, NC	12:00- 1:00pm	\$25	Call 704-216-8970 Complete Registration form Pre-pay
Janelle Kent	Stokes	January 15 th – March 25 th	Stokes-Reynolds Memorial Hospital 1570 Hwy 8 & 89 N Danbury, NC 27016	5:30- 6:30pm	\$20	Call 336-593-8179 to register; advanced paid registration required by January 10th
Dee Furlough	Tyrell	February 4 th – June 16 th (Mondays)	Tyrell County Cooperative Extension Center 407 Martha Street Columbia, NC 27925	12:00- 1:00pm	\$30	Call Dee at 796-1581 or email at dee_furlough@ncsu.edu
Sally McNeill	Union	January 28 th - April 21 st (Mondays)	NC Cooperative Extension Agricultural Center 3230-D Presson Road Monroe, NC 28112	Noon- 1:00pm	\$25 for 12 week series	Call 704-283-3732 or visit http://union.ces.ncsu.edu for mail-in registration form (click on events). Or may register in person at the Agricultural Center.
Sally McNeill	Union	January 28 th - April 21 st (Mondays)	Monroe Aquatic and Fitness Center (MAFC) 2325 Hanover Drive Monroe, NC 28112	5:30- 6:30pm	\$25 for 12 week series	In person at the MAFC. Visit http://union.ces.ncsu.edu for registration form (click on events). Forms are also available at MAFC.

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Christine Smith	Wayne	January 22 nd - April 29 th	Wayne Center, Goldsboro Corner of George and Chestnut St.	5:30pm	\$40	Christine Smith - 919-731-1523 or Casey Spivey - 919-731-1525
Christine Smith	Wayne	January 8 th - April 15 th	Christ Centered Church, Inc. 606 "A" St., Goldsboro, NC	7:00pm	Call to find out	Dennis & Ravonda Jacobs - 919-734-6778
Christine Smith	Wayne	January 9 th - April 30 th	First African Baptist Church 803 Harris St., Goldsboro, NC	5:30pm	Call to find out	Ophelia White - 919-734-4935
Christine Smith	Wayne	January 9 th - April 30 th	St. John AME Zion Church 584 Pecan Rd., Goldsboro, NC	7:00pm	Call to find out	Carla Atkins - 919-722-1574
Christine Smith	Wayne	January 9 th - April 30 th	Central Heights Baptist Church	7:30pm	Call to find out	Isaac Burnette - 919-778-0400
Christine Smith	Wayne	January 10 th - April 24 th	First Congregational United Church of Christ 2335 Old Mount Olive Hwy., Dudley, NC	6:00pm	Call to find out	Doreatha Wynn - 919-731-2841
Christine Smith & Karen Padgett	Wayne	January 22 nd - May 6 th	Wayne County Office Building, 301 N. Herman St., Goldsboro, NC	12:00pm and 1:00pm (2 groups)	Call to find out	Christine Smith - 919-731-1523, Karen Padgett - 919-731-1235 Casey Spivey - 919-731-1525
April Pardue	Yadkin County	January 10 th - April 17 th	Yadkin Family YMCA 6540 Service Road Yadkinville, NC 27055	6:30pm	\$75	Call the YMCA - 336-679-7962

*** New classes are highlighted in yellow