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UNIVERSITY OF MISSOURI EXTENSION

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Workshop on Eating Healthy Through Gardening

(BLUE SPRINGS, MO, September 10, 2012) University of Missouri Extension will offer a workshop on **“Eating Healthy Through Gardening”** from 6:15 – 8:15pm. on November 8, 2012 at the University of Missouri Extension Center in Blue Springs, Mo.

Participants will learn benefits of garden-based learning, how to teach healthy food choices, healthy eating habits, encouraging children to eat more fruits and vegetables through tasting and growing them, and different methods of gardening that are child friendly.

The registration fee is \$18 per person; participants will receive 2 clock hours after completion of the workshop. 0.2 CEUs (Continued Education Units) are available. Register in advance by contacting MU Extension at (816) 252-5051.

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