

SEAFOOD AT ITS BEST

LOW-COUNTRY BOIL



WHEN: January 31, 2012
10am – 2pm

WHERE: Alleghany Wellness Center

COST: \$10 per person
Lunch will be served



DEADLINE TO REGISTER:

Wednesday, January 25, 2012

You must either come in person to the Alleghany Extension Office at 90 S. Main Street, 3rd floor or mail in your registration fee to Cooperative Extension, Attn: Amy Lucas, P.O. Box 7, Sparta, NC 28675

**Learn about what
seafood is...**

**Learn how to select,
buy, handle, store
and cook seafood...**



**Learn the health benefits
of eating seafood...**

**Learn about seafood-
borne illnesses and the
risks of eating
seafood...**

For more information, contact the Alleghany County Extension Office at 336-372-5597

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