

Dauphin County Offers Spring Fling

(Dauphin Co.) — Herbs, health tips and a Paris weekend combine to make Dauphin County Cooperative Extension 'Spring Fling' an Awareness Day you don't want to miss. The Awareness Day will be held on Tuesday, May 18 from 9 a.m. to 3 p.m. at the Ag and Natural Resources Center, Dauphin. The all-day event features a lineup of experts discussing topics to entertain and energize you as you step into spring.

When you go on a trip, do you pack everything but the kitchen sink? Do you have to sit on your suitcase to get it shut? Did you ever wish you could just pack it light and pack it right? Learn how to organize your luggage and take just the right essentials for "A Paris Weekend" from Nancy Lenker, AAA travel representative. The art artist David Lenker entertain you as he paints "Memories of a Paris Weekend" right before your eyes.

Deb Zimmerman, owner of The Olde Farmhouse Shoppe, will show you how to incorporate some pizzazz into your home with "Herbs, Herbs and More Herbs." And members of Dauphin County Garden Clubs will

describe the type of flowers to select to reflect a theme.

Is it really necessary to take your pills with water or milk, on a full stomach, morning or evening? Retired pharmacist Bruce Miller shows you how to take control of your health "When Medicine Goes Down."

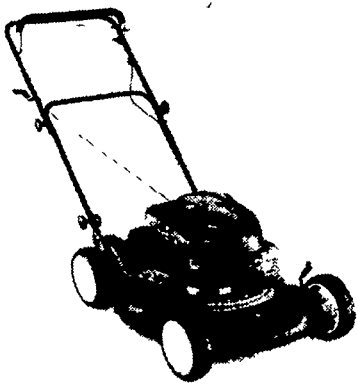
Do you or someone you cook for have diabetes? Do you have to give up all those delicious foods you've always loved? In "Right Bites for Diabetes" you'll learn from Lettie Schadler, Lebanon County family living agent, what adjustments to make to continue to serve delicious dishes for family and friends who are diabetic.

Cost for the day, which includes a special luncheon prepared by Our Daily Bread and door prizes, is \$15 per person. Registration deadline is May 10. Don't delay. You won't want to miss this fun-filled, exciting day. The Ag & Natural Resources Center is located on Route 225 two miles north of Dauphin. Directions, additional information and reservation forms are available by calling (717) 921-8803 or 1-800-328-0058 during regular business hours 8:30 a.m. - 5 p.m.

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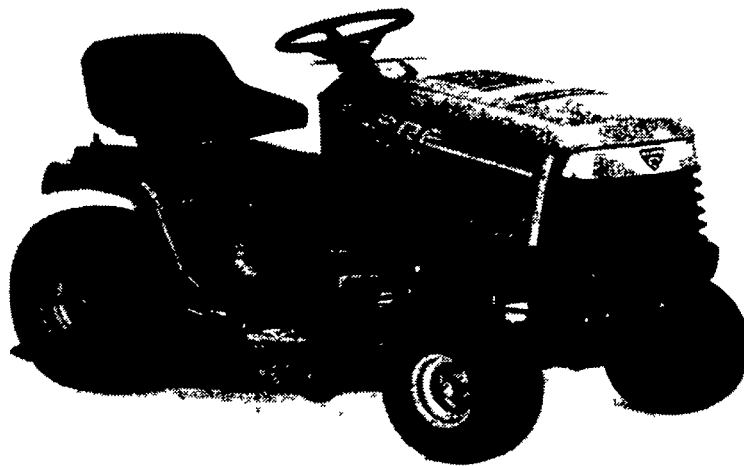
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