

Winter 2023-2024

- 01/17 Eat This, Not That. Healthy Pantry Choices
- 01/18 Action Pathway-Weatherization Assistance Program
- 01/25 What's for Dinner? with John LaTour
- 01/26 C-Breeze Band; Birthday Celebration
- 01/29 Introduction to Tai Chi for Arthritis & Fall Prevention
- 01/30 Brunswick County Board of Election Information Table
- 01/31 Healthy Snacking, NCCooperative Extension Brunswick County
- 02/02 Wear Red for Heart Health
- 02/05 Heart Health Eating w/ LifeCare