

**For Immediate Release:**

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**Gourmet Beans on the Go**

Health professionals agree that beans are a necessary part of a healthy diet. As part of a continuing series of lessons offered for Oklahoma Home and Community Education members, the public is invited to the lesson “Gourmet Beans on the Go” to be taught by the Johnston County Family & Consumer Science educator, Ginny McCarthick.

The one hour lesson begins at 1:00 p.m. at the HCE meeting room located on the southeast corner of the Hardy Murphy Coliseum. The doors are located under the green awning. There is no charge for this lesson and for more information you can call the OSU Extension office at 223-6570.

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