



**Saturdays  
9:00am-12pm**

# **The Wellness Tent**

## **Program Schedule Summer 2018**

### **'Eat, Move, Grow' for a Healthier Lifestyle**

- **June 30 - Foraging: Eating on the Wild Side - Catherine Bussiere 9 - 11am**  
Curious about wild edibles? Tempted to eat dandelions, collect wild strawberry leaves, lamb's quarter, nettles? What's what and how to eat those 'backyard weeds'.
- **July 7 - Making Sense of Recycling & Garbage Disposal - Maureen Woodlock, Keep Garbage Beneficial. 9 - 11am.** The where, what and when of waste disposal in Cumberland County.
- **July 14 - Disc Golf - Ben Smith. 9 - 11am.** Equipment, local courses, and how this fun, accessible sport works. Try it. You'll be hooked!
- **July 21 - Recycling Veggies - Deirdre Ware. 9 - 10am** Don't toss it! Regrow it! Growing your own celery, lettuce and veggies from kitchen waste!
  - **Hiking for Health - Greg Nix. 10 - 12pm** Local trails and where to find them.
- **July 28 - All You need to Know about Gardening - Helen MacLean. 9 - 11am.** Answers to all your garden questions - perennials, annuals & shrubs for the North Shore.
- **August 4 - Movement: Nutrition for your Body & Mind - Mary Purdy. 9 - 11am.** No time to exercise? How to incorporate movement into your day for improved health.
  - **On-site Nurse to do Blood Pressure Checks, 10 - 12pm**
- **August 11 - Marvelous Micro Greens - Rebecca Jones, Good Thyme Farm.** What are they? What do they taste like? How to grow your own.
- **August 18 - Blueberry Festival. 9am - 12pm.** The Great Blueberry Bake-Off Competition, Blueberry Shortcake Fundraiser, tasty recipes.
- **August 25 - Animal Communication - Gail Simmons 9 - 11am.** What can you learn about your animal family members' health/feelings through animal communication?
- **September 1 - Birding - The Fall Migration - Betty Hodgson 9 - 11am.** Where to go and what to look for when bird watching on the North Shore this autumn.

**The Wellness Tent programming  
supported by the Pugwash & Area  
Community Health Board.**

