

Women Healing Women

Healing Earth



LIVE WORKSHOPS with FABULOUS TEACHERS
at SEEDS OF SOLIDARITY, ORANGE MA

PRE-REGISTRATION REQUIRED

Space is limited. Free or by donation.*

Sun. MAY 1

10am-12pm

**Container Gardens:
Simple and Recycled**

1-3pm

**Grow Herbs
for Flavor and Health**

Enjoy one or both
with Deb Habib

Sat. MAY 14

10am-3pm

**Joyous Healing
with
Rhythm and Sound**

with
Connie Owens
(Ladycee)

TO REGISTER:

deb@seedsofsolidarity.org

with your name, town,
and 1st + 2nd choice

Fri. JUNE 10

3-6pm

**Colors of the Harvest:
Paint, Sip, Relax**

with
Melizza Chernov

Sat.

SEPTEMBER 24

11am-2pm

**Cooking with Gratitude:
Local to Global**

with
Nalini Goordial

Sat.

SEPTEMBER 10

1-5pm

**Adorning Ourselves:
Necklace Making**

with
Phyllis Labanowski

Sat. JUNE 18

10am-3pm

**A Day of Ritual to
Honor Ourselves (for
Women who are Tired)**

with
Phyllis Labanowski

Thurs.

AUGUST 25

3-6pm

Mother Earth Bowls

with
Lydia Grey

Sat. JULY 16

3-6pm

**Que Sabor!
Puerto Rican Cuisine**

with
Melitza, Scarlet + Rosa
Lebron Gonzalez

Half of spots reserved for North Quabbin women;
those from nearby communities also encouraged to register.

**Free of charge to support full access for low income women.*

Donations to support our programs are always welcome.

Supported by the Community Foundation of Western MA and generous individuals.

For workshop details + more events: www.seedsofsolidarity.org