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
Growing 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)

Fri. JUNE 10
3-6pm
Colors of the Harvest:
Paint, Sip, Relax
with
Melissa Chernov

Sat. JUNE 18
10am-3pm
A Day of Ritual to
Honor Ourselves (for
Women who are Tired)
with
Phyllis Labanowski

Sat. SEPTMBER 10
1-5pm
Adorning Ourselves:
Necklace Making
with
Phyllis Labanowski

Sat. SEPTEMBER 24
11am-2pm
Cooking with Gratitude:
Local to Global
with
Nalini Goordial

Thurs. AUGUST 25
3-6pm
Mother Earth Bowls
with
Lydia Grey

Sat. JULY 16
3-6pm
Que Sabor!
Puerto Rican Cuisine
with
Meliza, 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