

NEW for 2016

Wellness Workshops

Featuring Joanna Bakken



March 20~ Composting is for everyone: Garbage is everywhere! The answer is compost - not only will you be doing something good for the environment but you can reduce your garbage going to the landfill up to 50%. Between hot composters and worm bins, you will have beautiful dirt and worm castings to make your gardens the envy of everyone - plus grow amazing produce. **Sample Dr. Earth Compost Starter for first 5 people who register.**

April 17 ~ Edible Landscapes: Sick of having grass that needs to be watered and the expensive of watering? Turn your yard into an edible garden. It's easy and fun to eat what you grow, not to mention healthy! This is not only an overview of organic gardening and how easy it can be, but also an enticement to replace flowers with edibles.

\$10 per class



More workshops planned for 2016— see www.CascadeWellnessClinic.com

Held 4-5:30pm on Sundays at

Dr. Rick Allen's Cascade Wellness Clinic

663 Sunnyside Road, Trout Lake WA 98650

Call or e-mail Joanna to reserve your spot:

503-863-7763 or askgreenmonarch@gmail.com