

Health and Wellness,
Safety and Resilience Month

SEPTEMBER 2021

Sustaining the Art of Living Well (Toward the New Normal)



Join via zoom [here](#)

MICROGREENS

Part 1: *Growing Superfoods:
Microgreens*

Part 2: *Enhancing the magic:
Cooking with Microgreens*



Speakers: Hilda Cleofe & Chef Panky Lopez

24 September | 10:30 a.m. to 12:00 p.m.