



Cultivating Wellness Series

at Waupun Public Library

123 S. Forest St., Waupun

FEBRUARY 22nd - 2:00pm *FREE* - Warren Porter, PHD
Public Talk, GMO-What Do We Know?
-A presentation of research on genetically modified organisms



Warren Porter, PhD
Dept. of Zoology,
University of Wisconsin,
Madison

Thursday Night Wellness Classes

FEBRUARY 27th - 6:30pm - Melissa Greer, DO
Overview of Holistic Medicine: Ways of Looking

1

2

MARCH 6th - 6:30pm - Erika Jensen
Introduction to Local Foods: Ways of Knowing

MARCH 13th - 6:30pm - Melissa Greer, DO
Wellness Supporting Approaches to Illness: Ways of Healing

3

4

MARCH 20th - 6:30pm - Erika Jensen
Organic Vegetable Gardening: Ways of Growing

MARCH 27th - 6:30pm - Melissa Greer, DO
Meditative Practices and Inner Development: Ways of Strengthening

5

6

APRIL 3rd - 6:30pm - Erika Jensen
Cooking through the Seasons with Master Recipes: Ways of Enjoying

CONTACT: To sign up for the Thursday night classes please contact the Waupun BDCH Medical Clinic at (920) 345-1306.

COST: Just \$25 total for series 1-6. Proceeds go to support The Good Earth Farm CSA Food-For-Others-Share: FFOS is GEF's cost sharing program that provides financial assistance to limited income households for purchasing CSA produce shares.



Melissa Greer, DO
Holistic Family
Medicine Physician
BDCH Medical
Clinic, Waupun



Erika Jensen
Freelance Writer, Cook,
and Organic Farmer

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