

## **First Thursday Workshop Schedule**

March 5- Natural Remedies from your Pantry  
Teri Salvadore

April 2- No Till Gardening  
Jim and Wendy Childers

May 14- Canning and Preserving  
Wendy Childers and Cherri Attle

June 4- Natural Remedies from your Pantry part 2  
Teri Salvadore

July 2- Plant-Based Cooking Meat substitutes  
Karen Avant and Cherri Attle

August 6- Natural Remedies  
Teri Salvadore

September 3- Brain Health  
Dr David DeRose

October 1- Plant-Based Cooking (Holiday Foods)  
Cherri Attle

November 5-Plant-Based Cooking (Healthy Snacks and desserts)  
Cherri Attle

December 3-Natural Remedies  
Teri Salvadore