



Taking Care of **Me**

Employee Workshop Series

GARDEN TO TABLE GETTING THE BEST FROM YOUR GARDEN TO YOUR TABLE

- **What's that in your garden? This workshop will help you find the power in plants and get them to your table!**
- **Did you know that several well-known plants have medicinal qualities?**
- **Learn which wild plants, often found hiking, are edible and also carry medicinal qualities.**
- **Discover which power plants function as energy storehouses of the plant world.**

This is a hands-on workshop designed to be fun and engaging for participants – no PowerPoint presentation here! Learn how rosemary, ginger, peppermint, parsley and thyme can be used medicinally. Did you know that nettles, plantains and dandelions are edible? Not only are they edible, but also medicinal! Learn the health benefits of power plants, such as kale, yams and tomatoes in this interactive and informative workshop for Vancouver Coastal Health employees.

HOW TO REGISTER:
Please go to the CCRS site to register.

WHEN:
July 18, 12:00pm-1:00pm

WHERE:
Paetzold Multipurpose Room,
Jim Pattison Pavilion, VGH