



Saturday, April 13th

Sustainable Healthy Living

A full day of free seminars. No registration required.

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| 10:00 - 11:00 am | Edible Design by Dora Berry |
| 11:15 - 12:15 pm | Medicinal Benefits of Herbs by Dr. Mohyuddin Mirza
Back by popular demand with new topic added: Growing Cannabis De-mystified |
| 12:30 - 2:00 pm | Holistic Wellness Design by Dora Berry |
| 2:00 - 3:00 pm | A Lifestyle Guide to Grace and Zero Waste by Brianna Stielow |
| 3:00 - 4:00 pm | #Eat #Fresh #Local (hydroponic tour) by Nadine Stielow |

Presenters:

Dora Berry loves nature and people! She grew up on a hobby farm in Strathcona County, tending the gardens and animals, cooking and preserving their harvests, and spending hours wandering the forests. Since then she has immersed her life to the pursuit of bringing nature back to our urban and rural landscapes. After years of academia and field research, teaching, environmental planning and landscape architectural design, and with the passion for Nature, growing food, restoring habitat, and exquisite landscapes, Dora established for own company, Nature's Elements. Dora creates sustainable designs for landscapes, gardens, habitats, and indoor spaces, and empowers our communities to connect with and understand their piece of the Earth.

Dr. Mohyuddin Mirza is an old friend of the greenhouse industry and loves and enjoys to be part of educating Albertans to promote the importance of locally grown stuff. A graduate of the University of Alberta, over 40 years of experience with protected crops, recipient of many prestigious awards especially the Alberta Agriculture Hall of Fame in 2014. He loves to teach and write and he is going to talk about from mints to cannabis and in between. He will discuss how we can use different commonly grown herbs for food and health. Dr. Mirza in back by popular demand and will be adding a section to his seminar titled, Cannabis De-mystified: Tips on growing your own 4 plants.

Brianna Stielow is an Elementary Teacher and Health Coach dedicated to living a life full of Grace. **A Lifestyle Guide to Grace and Zero Waste** "Tired of the amount of waste you produce in your daily life? Let's get excited about change! This workshop examines a beginner's guide toward low-waste, with practical tips to jumpstart your own journey towards a life filled with grace and zero waste. Come and learn about the 6 R's, and how I have begun applying them to a more happy, sustainable and ethical life."

HOSTED BY THE BRUDERHEIM AGRICULTURAL SOCIETY

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