

HOW-TO FEST: GET HEALTHY!

Thursday, May 16 - 5:00-7:45pm
Brown County Central Library

Session Schedule

Pine Room

5:45pm

Why Eating Local is Important

Selena Darrow / Rooted In

Eating local is easier and more delicious than you think. Chef Selena will review 10 reasons why eating local is important for our community.

6:30pm

Local Cooking Demonstration

Selena Darrow / Rooted In

Chef Selena will demo a seasonal recipe, Asparagus and Artichoke Antipasto, that will show you how easy local cooking can be.



Meeting Room 1

5:00pm

How to Meditate

Regan Dähnert /

YWCA Greater Green Bay

Many studies have shown that meditation can help improve concentration and allow people to process emotions better. Learn the basics of meditation and how to integrate it into your daily life.

5:45pm

How to Keep Produce Fresh Longer

Liliana Ramirez / UW-Madison

Division of Extension Brown County FoodWise

Learn about best practices for storing produce to prolong shelf life and quality, and how to plan for extra produce and reduce food waste.

6:30pm

How to Prevent Lead Poisoning in Children

BC Public Health Nursing Team

Lead poisoning can slow growth and development in children. Learn about the current state of childhood lead poisoning in Brown County and ways to decrease the risk of lead poisoning.

7:15pm

Meditation & Zen Traditions

Green Bay Zen Center

Learn about meditation in general and how it connects to the Zen traditions practiced at the Green Bay Zen Center, as well as practice opportunities and events at the Center.

Meeting Room 2

5:00pm

How to Create a Stretching Routine

Kellen Larsen /

Greater Green Bay YMCA

Stretching is an important part of staying fit, but most people don't give it the attention it needs! Learn the basics of stretching and how to include it in your fitness routine.

5:45pm

Home Organization and Mental Health

Julie Aderhold /

Healthy Home Organizing

Professional Organizer Julie teaches us about how clutter affects people mentally and how to get started on organizing and decluttering, no matter where you are at.

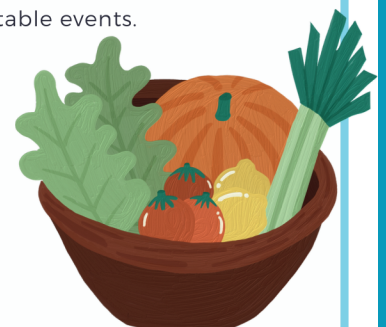
7:15pm

Beard Maintenance

Darren Quatsoe /

International Beard Alliance

Learn about beard care and maintenance tips as well as suggested products. Darren will also discuss the International Beard Alliance and how it supports men in our community through brotherhood and charitable events.



Lineup subject to change. For the most up to date schedule, visit tinyurl.com/howtofest24