



Environment

These classes are geared toward nutrition or the environment. Come join WPRD to learn how to get fit, be nutritional or how to help the earth.

Tower Garden/Juice Plus Seminar (Ages 18+)

Activity #: 617247-13
Date: Thursday (1/28)
Time: 6:00-7:30p
Fee: FREE
Location: Jim Barnett Park
Site: Pool Lobby
Register by: (1/21)

Come learn about a tower garden and see if it is a fit for your lifestyle. A Tower Garden is a state of the art vertical aeroponic growing system. It's perfect for rooftops, patios, balconies or any relatively sunny place outside. It grows vegetables, herbs, flowers, and many fruits in less time than it takes soil. The tower can grow indoors with grow lights and you will have fresh produce all year. Also learn about Juice Plus that provides added nutrition from fruits, vegetables, and grains in a capsule or chew.

Friendly Foods Seminar (Ages 18+)

Activity #: 617247-14
Date: Saturday (1/23)
Time: 9:30-11:00a
Fee: FREE
Location: Arts & Crafts Room
Register by: 1/16

A free course and discussion on the nutrition and the history of longevity as it has related to the human diet. Come learn about raw foods, nutrition and fasting as a way of restoring your health. Come learn with Bill Cowley the advantages of this food diet.

Rain Barrel Workshop (Ages 18+)

Activity #: 617247-15
Date: Saturday (3/12)
Time: 10:00a -12:00p
Fee: \$37 R \$40 NR
Location: Arts & Crafts Room
Register by: 3/5

Have you ever wanted a rain barrel for your home? Now is your chance! We are offering a Rain Barrel Workshop where you will be able to build your own rain barrel to take home.
Instructor: Kelly Henshaw

Cast Iron Chef (Ages 16+)

Activity #: 617115-22
Date: Saturday (4/16)
Time: 10:00am-12:00pm
Fee: \$27 R \$30 NR
Location: Rotary Pavilion
Register by: 4/9

Come learn to make some wonderful homemade food using cast iron cookware outside over an open fire pit.
Instructor: Kevin Hoskin

Abrams Creek Nature Walks

Learn more about unique plant species and migrating birds on this two hour nature walk with Jim Smith at Abrams Creek Wetlands Preserve. Bring your binoculars, camera, scopes, and water. Please call Jim Smith at 540-303-3983 for further information on these walks and other Audubon walks in the region. Walks may be cancelled due to inclement weather. Saturdays on March 26, April 9 and April 23, and May 7. All starting at 8:30 am from the trail in front of Children of America on Jubal Early Drive.