

Join St. Louis ReCAST's

Free Workshop Series

Topic Two

Healthy Eating

Saturday, March 23rd

Earth Dance Organic Farm School

233 South Dade Ave, Ferguson, MO 63135

11:00 a.m.

Did you know there's an organic farm in Ferguson, MO?



Come enjoy a **FREE** private 1 hour guided walking and tasting tour!

- All ages welcome
- RSVP by March 21, 2019
- Limited slots available
- Weather permitting



You will learn about:

- where access to healthy food starts
- the history of the farm
- hands-on educational community programs

SAVE THE DATE!

Topic Three: Physical Fitness (April 27, 2019)

Let's get active together!

Check our website for times and locations



ReCAST-STL.org

RSVP at
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or call
314-615-0508

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