JOSEPH P CORY
FOUNDATION
Anchored in Love.

Empowering people and communities to achieve wellness and wellbeing through expertise, education and guidance.

Here's the Dirt, 5 Star Rating!

Lake Biwa is the perfect name for a Palm Beach County Parks and Recreation Pavilion; it truly is a shining pearl! On a beautiful fall day, November 19, 2020, the Joseph P Cory Foundation (JPCF) presented the first of six health and wellbeing lectures, a series entitled, "Your Health IS Your Wealth": a collaborative effort with PBC Parks.

Ready, Set, Grow, the first topic, included sustainable paper bags chocked full of information, all that was needed to decorate one's seed pot and the planting materials, a gift to attendees. Topics covered, but not limited to were South Florida vegetable/herb gardening, tending, harvesting, organics/non-GMO/local sustainable, and more. One lucky raffle winner walked away with Nadona International's organic Ultimate Germ Shield hand sanitizing gel!

Nada Cory, JPCF's founder and president, was the series' first presenter. Mrs. Cory was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. As early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees. Those lessons learned have remained and given her the passion to establish organic gardens, cook delicious healthful meals from its bounty, and to comfort and heal using natural remedies.

The series is of no cost, but pre-registration is required, as at this time, the outdoor program is limited to 10 guests.

For more information, or to register for the December 17th "My Plate" program, please contact Carolina Rodriguez: 561.966.7033 or candres1@pbcgov.org. To learn more about the Joseph P Cory Foundation: info@josephpcoryfoundation.org.

In good health