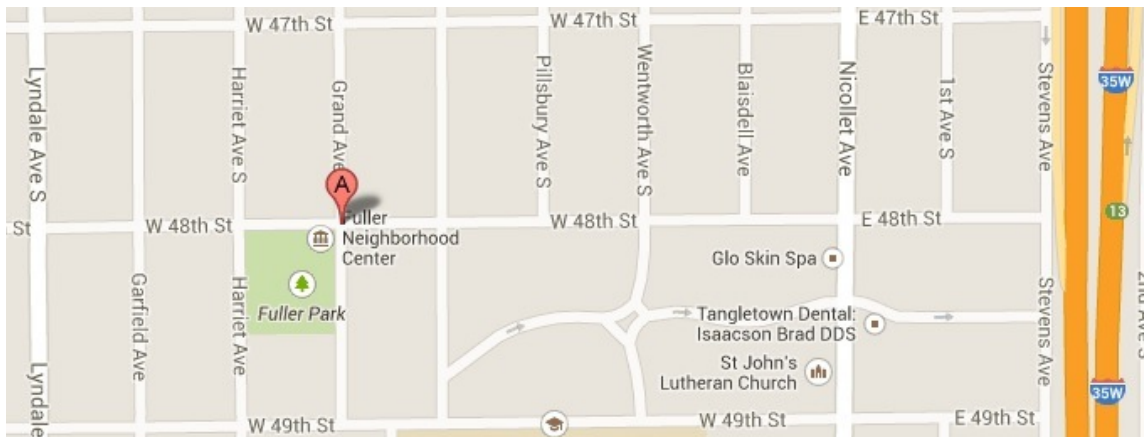




Holistic Moms Network

Holistic Moms Network is a non-profit national organization that connects parents who are passionate about holistic health and green living. **The Twin Cities Chapter** holds monthly meetings the **third Wed** of each month, **7-9pm**, at **Fuller Park Rec Center, 4800 Grand Ave S, Minneapolis, MN 55419**. No matter where you are on your parenting or holistic journey, you are welcome! Children are welcome. To contact the Twin Cities Chapter, or for more info, an event calendar, and a map to our meeting location, visit <http://twincitiesmn.holisticmoms.org>, email tcholicmoms@gmail.com, or see www.facebook.com/HMNTwinCitiesMN



Upcoming Meetings (7-9 pm, Fuller Park Recreation Center)

April 16: Natural Lawn Care

If you want to save money on lawn care products, conserve water, avoid harmful chemicals and mow less when caring for your lawn, this is the meeting for you! A master gardener from U of M Extension Services will talk about Low-Input Lawn Care (LILaC) techniques and benefits, and answer questions about creating and caring for a healthy lawn.

May 21: Natural First Aid – and Spring Swap

Scrapes, cuts and bruises are bound to happen, especially in the summer. Join us as we discuss homeopathic and natural first aid remedies to relieve pain and support the healing process. Also at this meeting, we will swap household and kids items/clothes, so bring what you're ready to part with for a free exchange.

June 18: Movie and Discussion about Screen Time

One generation from now, most people in the U.S. will have spent more time in the virtual world than in nature. Media technologies have improved our lives in many ways, but what are the consequences for our children, society, and planet? Join us for a viewing of the movie *PLAY AGAIN* and a discussion. *PLAY AGAIN* takes six teenagers who, like the average American child, spend over eight hours a day behind screens, unplugs them, and takes them on their first wilderness adventure. Through the teens and experts, the movie investigates the consequences of a childhood removed from nature and encourages action for a sustainable future.