



Presents:

## **GREEN CLEANING**

A **FREE** workshop on how and why to clean your home and body without harsh chemicals

**TUES. MAY 12<sup>th</sup> at 7:00 pm**

at the Damascus Township Community Center  
60 Conklin Hill Road, Damascus, PA just west of Cochection, NY

**Learn to make your own supplies with natural ingredients for less than store-bought products.**

- Janet Brown, founder of Green Leaf Cleaning will share cleaning recipes and tips with a direct focus on sustainability.
- Carl J. Milks, MD, a board-certified allergist will discuss how products we use (even some “natural” ones) can adversely affect our health.
- Gudrun Feigl of Mount Pleasant Herbarry will demonstrate household uses for herbs and spices and how beneficial they are to our well-being. This will be an informative and fun-filled discussion for all in your household!

Registration is encouraged, but not required.

Email [jocelyn@seedsgroup.net](mailto:jocelyn@seedsgroup.net) or call (570) 245 – 1256



**SEEDS (Sustainable Energy Education and Development Support)** is a non-profit organization that works with residents and businesses to reduce energy use, improve energy efficiency and grow our renewable energy infrastructure. For more information about this workshop, or SEEDS, please contact Jocelyn Cramer at [jocelyn@seedsgroup.net](mailto:jocelyn@seedsgroup.net) or call (570) 245-1256.

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