

# The Learning Center

Gardening & Cooking Classes  
Indoor & Outdoor Classrooms  
Family Friendly Events  
An Escape from the Ordinary!



## The Learning Center

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[www.Health.Solutions](http://www.Health.Solutions)



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# What is The Learning Center?

The Learning Center's (TLC) ADA accessible backyard garden allows participants opportunities to inspire health and wellness in their own lives while connecting with nature. Health Solutions staff provides seasonally appropriate workshops to participants on proper horticulture practices which may include seed germination, sowing, pest management, fertilization techniques, and harvesting.

The fruits and vegetables harvested from the garden are then used in cooking classes where participants learn to prepare fresh farm to table dishes in The Learning Center's indoor resource center. Fresh produce, when picked at its peak ripeness, offers optimal nutrition, flavor and food safety. Other food class subjects are routinely offered, such as cooking to accommodate special diets.

A variety of health and wellness classes are also offered in TLC's resource center. A weekly schedule of classes can always be found at the Health Solutions website: [www.health.solutions](http://www.health.solutions).



Those who visit TLC will find themselves surrounded by an inviting, relaxing, and accepting environment.

## Outdoor Education and Wellness

At TLC, we provide classes on topics such as:

- Herb & Vegetable Horticulture
- Fruit Cultivation
- Flower Gardening
- Greenhouse Growing
- Seed Saving & Plant Propagation
- Pest Management
- Healthy Cooking
- Wellness Activities
- Mindful Crafts

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