

ADULT PROGRAMMING IDEAS

PROGRAM TITLE: Kombucha Workshop

BRIEF PROGRAM DESCRIPTION:

Learn to brew your own sparkling probiotic tea! It costs about \$3 to make a gallon of kombucha, and you can flavor it with fresh fruit or herbs. Participants will sample homemade kombucha, learn it's history and health benefits, safety tips, take home recipes and a SCOBY to begin brewing immediately! Brief introduction to acid/alkaline diet and probiotics. Cost per person is \$10 for materials.

MATERIALS NEEDED: Table—chairs—sink

COST: \$50 for workshop +.50 a mile mileage + \$10 per person 4 minimum-15 maximum

OUTSIDE PRESENTER CONTACT INFORMATION:

Lori Steere, Certified Integrative Health Coach

603-986-4156

E-mail: goodforyouhealth@aol.com

Good For You Health, LLC on Facebook.

ADDITIONAL COMMENTS:

Awhile back I asked for suggestions for a kombucha workshop presenter. We went with Lori Steere, Certified Integrative Health Coach from Good For Your Health, LLC from North Conway NH. [\(603\) 986-4156](tel:6039864156) or goodforyouhealth@aol.com She was extremely knowledgeable and just an all around nice person to have here at the library. She stated for than once she loves presenting at libraries. The workshop itself was very inexpensive, we paid mileage (she did drive quite a ways to Loudon) and for \$10 each every participant went home with there own nicely packed SCOBY to make their own kombucha tea. She brought several kinds for everyone to try as well and gave nicely written instructions to all.

CONTACT INFORMATION OF LIBRARIAN SUBMITTING PROGRAM:

Maxfield Public Library

8 Route 129

Loudon, NH 03307

[603-798-5153](tel:6037985153)