

SIERRA GREEN DAYS

Vibrant Health, Homes and Communities

**MARCH
19, 20
& 21**



**IRONSTONE
VINEYARDS
MURPHYS**

Three days featuring resources, products and services of our region focused on sustainable health care, eating and growing green, homes and green products, and building community. Come join the fun in a village festival atmosphere with music, speakers, booths, demonstrations, kid's activities, raffle prizes, a gala dinner, auction and more!

Hosted by Health and Wellness and Central Sierra Ecological Building Association (CSEBA) groups of the non-profit Foothill Collaborative for Sustainability (FoCuS).

Friday, March 19th
12:30 - 5:30PM

HEALTH AND WELLNESS SYMPOSIUM

(Only \$10 admission)

Invitation to Wellness with a variety of local health practitioners sharing an exciting array of cutting edge therapies and practices designed to bring the whole body and mind into balance for optimal health. Educational presentations, interactive demonstrations, and The Welly Nelly Players, a comedia troupe!
(Pre-register at www.foohillsustainability.org)

Friday evening
5:30 - 8:00PM

KICK-OFF RECEPTION

(\$25 admission, only \$20 if you attend symposium,
To register for either or both, pre-registration is at www.foohillsustainability.org)

Delectable appetizers, no host bar and refreshments from local providers, music and HOW TO EAT LIKE A CHILD kids theater performance. Find out more about Foothill Collaborative for Sustainability projects and share your passions for healthy economy, energy and environment.

Saturday March 20th
Sunday March 21st
10:00 - 4:00PM

VIBRANT HOMES: GREEN HOMES, PRODUCTS AND LIFESTYLE

(Free admission)

Largest collection of local services and goods for home and business offered for a cleaner greener built environment.
Booths, Exhibits, Demonstrations

Saturday, March 20th
4:00 - 6:00PM

SPECIAL CONCERT

(Free admission)

Music by national celebrity FOCUS THE NATION's Garrett Brennan

Saturday, March 20th
6:00PM

FOCUS BENEFIT BANQUET

(\$60 Reservation Required)

Music by "Over the Edge" trio. Live auction with John Bell. Speakers- Steve Wilensky, Amador-Calaveras Consensus Group. Featured Keynote by Trathen Heckman, author, permaculture authority, personal ecology pioneer, Founder/Director of Daily Acts in Sonoma County. Purchase tickets in advance by contacting Ironstone Vineyards (209) 728-1251, EXT. 11 for reservations OR email events@ironstonevineyards.com

Sunday, March 21st
Spring Equinox
10:00 - 4:00PM

A DAY OF CELEBRATION THE SOUL AND SPIRIT OF COMMUNITY

(Free admission with monetary or non-perishable food donation to the Food Bank)
A greening of community that sustains us.

Spring Equinox Ceremony of renewal and rebirth through a shared tree planting at 11am, followed by a World Spirit Celebration at 1:30pm, an inter-faith collaboration of local leaders and spiritual traditions.
The day will feature local professional art, theater, music, drumming, dance troupes, new games, and kid's activities. Connect with many local non-profit community service agencies to engage your passions with opportunities for collaboration. Entertainment by Mountain Melodies, Still Bill, Swing Gitane, Jens Jarvie, Alan Claassen, Mark Dyken, Sisterhood of the Dancing Goddess, BZ Smith Storytelling and more.