



**PRESENTED BY PACTL'S  
"CHAMPIONS FOR HEALTHY FAMILIES"  
PROGRAM IN COLLABORATION WITH HEALTH HAPPENS  
HERE AND THE SCHOOL OF SELF-  
RELIANCE**

JOIN **CHRISTOPHER NYERGES**, NATURALIST, AUTHOR, AND CO-FOUNDER OF THE SCHOOL OF SELF-RELIANCE, FOR A WILD FOOD OUTING.

**Participants will:**

- ◆ ENJOY A FUN GUIDED HIKE FOR THE WHOLE FAMILY IN THE BEAUTIFUL ARROYO SECO,
- ◆ LEARN TO IDENTIFY EDIBLE AND NUTRITIOUS WILD PLANTS,
- ◆ SAMPLE A SALAD MADE WITH WILD PLANTS!

**Free**

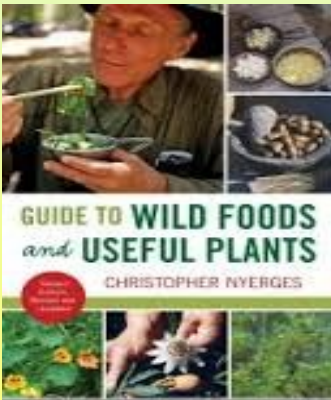
**WHEN: SAT., MARCH 21, 2015**

**TIME: 2:30 PM - 5:30 PM**

**WHERE: TRAILHEAD at End of ALTADENA DRIVE  
Altadena, CA**

**(Drive north on Lincoln Avenue, turn left on Altadena Drive,  
and park where the street dead-ends)**

**Dress in comfortable walking shoes,  
Bring water and snacks.**



**RSVP TO: HELENA AYALA 626. 616-4481**

**AYALAH ELENA@HOTMAIL.COM OR TO**

**MIRIAM MENDEZ AT: 626.794.2759**

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**PASADENA/ALTADENA COALITION OF TRANSFORMATIVE LEADERS WEBSITE: [PACTL.ORG](http://PACTL.ORG)** Sponsored by:

California Family Resource Association, and Health Happens Here [Like pactl.org](http://Like.pactl.org) and [pactl.org/esp/](http://pactl.org/esp/) on Facebook!