How to Use Plants and Flowers to Improve Your Physical and Mental Health & Live Longer and Happier (In Polish & English)

Anna Wiśniewska & Christine Strzałka

Owners of Secret of Flowers

When: **Sunday, April 12, 2020 at 3 PM**

Where: **Associated Polish Home (Dom Polski), 9150 Academy Road, Philadelphia, PA 19114**

Free admission

Join us for the lecture, with pączki and coffee!

About the Lecture

The presentation will shed light on, and give practical examples of, living close to nature. Drawing on Polish and European traditions, the presenters will demonstrate easy examples of everyday flower arrangements that will brighten your day!

About the Lecturer

Anna Kwaśniewska comes from Szczecin. An award winner at seven Philadelphia International Flower Shows, she is a member of the Society of American Florists and the Pennsylvania Horticultural Society, the founder of The Secret of Flowers Art Studio in Port Richmond, and a co-organizer of the "Polish Poppy Festival" at the Polish Home.

Christine Strzałka comes from Philadelphia. She graduated from Villanova University (BA in Political Science and Economics) and completed a master's degree in journalism at NYU. She worked as a reporter for "The Institutional Investor." She is a member of the Society of American Florists, the Pennsylvania Horticultural Society, and the California Association of Flower Growers and Shippers, a co-founder of The Secret of Flowers Art Studio, and a co-organizer of the "Polish Poppy Festival" at the Polish Home.