

December 1, 2015



## **Make. Share. Do**

***Learn more at the skill sharing conference presented at Ground Floor Farm***

### **Contact:**

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**Martin County, FL** – The Florida Department of Health in Martin County is proud to support the Make.Share.Do summit presented by Ground Floor Farm in Stuart and Treasure Coast Homesteading, Friday December 4 through Sunday December 6.

The three day event features a series of workshops, social events and demonstrations that encourage homesteading and self-reliance. A special presentation on December 5 from 12:00 – 1:00 pm is dedicated to the tried and true elements of wholesome nutrition. The presentation, led by Marybeth Peña, a certified diabetes educator and nurse program specialist for the Florida Department of Health, gathers area experts for an open discussion on healthy eating. Peña is known in the community for her outreach work in support of the Healthiest Weight initiative aimed at encouraging healthy eating and lifestyles.

“We are excited about our collaboration with the Ground Floor Farm staff. Their focus on farming fresh fruits and vegetables and their commitment to community education and wellness is inspiring.” said Karlette Peck, Health Officer for the Florida Department of Health in Martin County.

Tickets may be purchased online or on the day of the event. A full schedule of events and ticket information is available at [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com) and [www.GroundFloorFarm.com](http://www.GroundFloorFarm.com)

### **About the Florida Department of Health**

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