

In keeping with MI's mission of supporting social change organizations doing fantastic work around the globe, we're happy to report a new Greenhouse Initiative has joined the ranks of our fiscal sponsorships! **Ubumuntu Arts Festival** is an annual event held in



Kigali, Rwanda during the second week of July. It serves as a powerful tool for promoting communication, expression, reflection, innovation, and creativity, with the aim of driving social change. By providing a platform for societies to cope with their traumas and connect with the international community through art, the festival fulfills the need for a global platform.

Since its inception in 2015, the **Ubumuntu Arts Festival** has brought together artists from diverse backgrounds to engage in performances, workshops, panels, and visits to genocide memorial sites. The festival's primary goal is to foster human interconnectedness, as reflected in its name "Ubumuntu," meaning "Human." With the slogan "We are Human Together," the festival strives to unite people from different walks of life through the universal language of art.

Please join us as we welcome **Ubumuntu Arts Festival** with open arms to the MI family! Additional information is available on our website [here](#).

"Drinking from a Firehose" BioMed Training a Success in Scottsdale

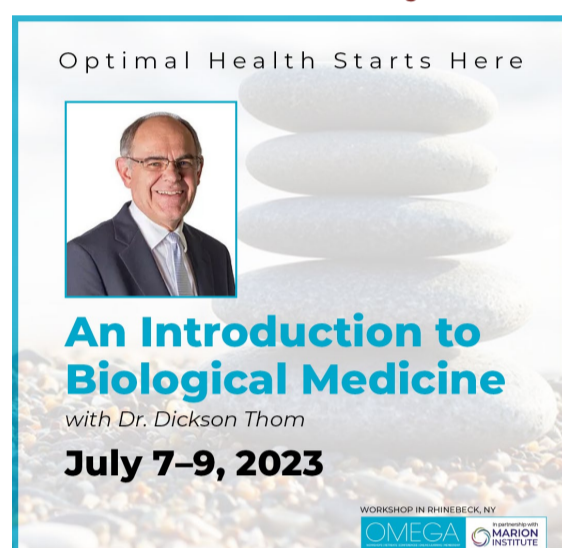
by Jessica Frank, BioMed Programs Manager

On a cool spring night, as the sun was beginning to cast its warm rosy glow on the desert flowers, we toasted the arrival of students attending the four-day in-person component of the Biological Medicine for Practitioners Certification Course in Scottsdale, AZ.

Seven healthcare and wellness providers traveling from both coasts and as far away as Canada convened to spend the long weekend immersed in the study of Biological Medicine. Read more [here!](#)



A Course for Everyone Interested in Feeling Their Best



Optimal Health Starts Here

An Introduction to Biological Medicine
with Dr. Dickson Thom
July 7-9, 2023

WORKSHOP IN RHINEBECK, NY
OMEGA MARION INSTITUTE

Join us for a weekend of learning and exploring as Dr. Dickson Thom, DDS, ND, teaches you how to integrate Biological Medicine (BioMed) practices into your daily life at the Omega Institute for Holistic Studies in Rhinebeck, NY. This hands-on course, **Optimal Health Starts Here: An Introduction to Biological Medicine**, is the ideal way to catapult your own healing journey amidst the picturesque backdrop of the Omega campus. Do your health some good - [register today!](#)

Why Heart Rate Variability Matters

Make sure you sign up for our next BioBites on June 6th at 12:00 ET for "Why Heart Rate Variability Matters" as Guy Odishaw, co-founder of CerebralFit explains what HRV is, why it's important, and how to use it as a tool for health! If you're interested in learning more about HRV, [click here](#) to read this month's BioBlog.



BioBites
a virtual house call for your health and wellness

Why Heart Rate Variability Matters

Tuesday, June 6th, 12 noon ET

with Guy Odishaw, RCST, co-founder, CerebralFit

MARION INSTITUTE CerebralFit

[Click here to register for our June 6th BioBites event](#)

"What's Growin' On?" May updates from Grow Education

by Nate Sander, Grow Education Program Manager

With the month of May coming to a close we find ourselves fully embraced by spring as we celebrate a Grow Education milestone. **After several years of planning and building, and the hard work of many partners, every elementary school in New Bedford and Westport is now benefiting from an on-campus garden!** Over the last month, the Grow team has implemented workshops with students from 20 schools and filled all 134 garden beds with transplanted varieties of lettuce, kale, beets, collards, parsley, and directly sown garlic, cilantro, peas, and radish seeds. A huge shoutout to our friends Bill and Dee of [Ivory Silo Farm](#) who provided the beautiful transplants! And a special thanks to Geoff Kinder of [Paradox Acres](#) for donating compost and helping us build fertility in the soil at all the sites. Successions of potatoes, cucumbers, tomatoes, and other warmer weather crops will rotate in soon. Working collaboratively with students and teachers at each school, the Grow team will weed and water the gardens and plan for an early summer harvest of the bounty before kids break for summer vacation. Read more [here!](#)




FOODCORPS

Serving with FoodCorps is a *recipe for success!*

FoodCorps is creating a future in which every school is a healthy school, and every child is well-nourished and ready to learn.

Positions available in New Bedford!!

SHARE or APPLY today! [foodcorps.org/apply/](https://www.foodcorps.org/apply/)

SFPC Local Food System Survey in FOUR languages!



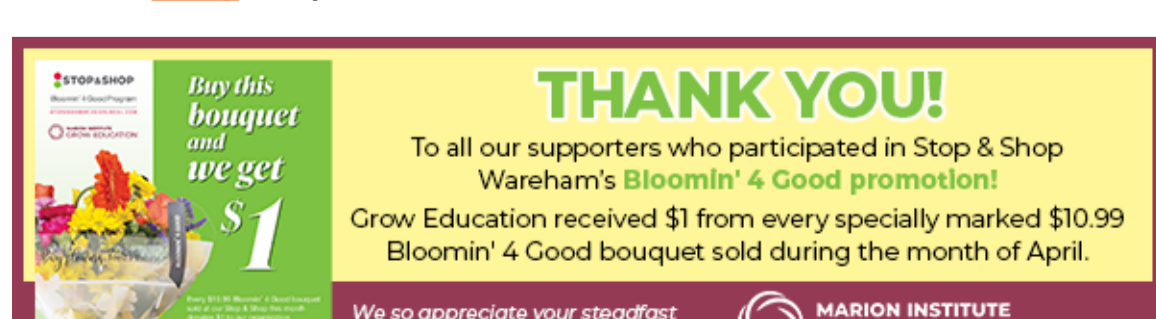
SFPC
Know Your Local Food System Survey

Would you like to help make your local Food System better? Then take our quick 12-question, 5-minute survey!

This [survey](#) is being conducted by the Marion Institute's **Southcoast Food Policy Council in Portuguese, Spanish, Cape Verdean Creole and English.** We intend to establish the shared baseline knowledge of our local food system to inform our

"**Know Your Local Food System**" campaign. The audience for this survey includes Bristol, Plymouth, and Norfolk counties residents. Results will be shared on our website, with survey respondent names remaining anonymous. Help us help you make a **better Food System for all!**

Share the [survey](#) with your network!



THANK YOU!

To all our supporters who participated in Stop & Shop Wareham's **Bloomin' 4 Good** promotion!

Grow Education received \$1 from every specially marked \$10.99 Bloomin' 4 Good bouquet sold during the month of April.

We so appreciate your steadfast support! We can't do it without you!

MARION INSTITUTE GROW EDUCATION



Our Contact Information
[[Organization Name]]
[[Organization Address]]
[[Organization Phone]]
[[Organization Website]]



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