

Oasis Institute for Healthy Living Inc. [www.oasishealthylivinginstitute.org](http://www.oasishealthylivinginstitute.org)

## Media & Public Events

**Centre for Urban Ecology, Humber College Presentation at Connecting People with Plants – Free Event at Humber Arboretum, Etobicoke**  
Saturday, June 4, 2011 from 11:15 to 12:00 p.m. Best Organic Horticultural Practices with Astrid Muschalla, EMG <http://www.humberarboretum.on.ca/specialevents.html>

**Etobicoke Horticultural Society Top 13 Herbs for the Kitchen as Under-utilized Plants in Garden Design.** Thursday, June 1 from 7:30 – 9:00 pm  
<http://www.gardenontario.org/site.php/etobicoke>

**Oakville Horticultural Society Top 13 Herbs for the Kitchen as Under-utilized Plants in Garden Design.** Monday, April 11 from 7:30 – 9:00 pm  
<http://oakvillehort.org/Next%20Month.html>

**Food, Fun and Heart Healthy Eating Fair at Eglinton Hill Seniors Centre Cooking Demonstrations - Nutrition Essentials with Chef Astrid**  
Thursday, March 24, 2011 from 1:00 to 3:00 p.m. <http://www.servicesforseniors.ca>

CANADA BLOOMS Presenting *Designing with Native Plants*  
**Friday March 19, 2010 at 2:15 pm** Location: Direct Energy Centre, Toronto  
<http://www.canadablooms.com/html/speaker-information2010.html>

**Milton Seniors Wellness Day at Eglinton Hill Seniors Centre Cooking Demonstration – Healthy Eating for Healthy Aging with Chef Astrid**  
Thursday, March 24, 2011 from 1:00 to 3:00 p.m.  
<http://miltontodaytv.com/video.php?v=20709963>

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MONTGOMERY'S INN – Into the Garden Series presenting  
*The ABCs of Good Garden Design* **Saturday March 20, 2010 at 2pm**  
Location: Montgomery's Inn, Etobicoke  
[www.montgomerysinn.com](http://www.montgomerysinn.com)

ISLINGTON NURSERIES – *Ask a Master Gardener* - Taking open questions from the public on **Saturday June 19, 2010 at 10am** Location: Etobicoke Main Store  
<http://www.islingtonnurseries.com>

Garden & Floral Expo - Green For Life Stage - *Designing with Native Plants*  
Canada's Premier 10th Anniversary Retail Trade Show for green and floral industry professionals **October 20, 2009 at 11:30 AM** - Location: Toronto Congress Centre

[www.gardenexpo.ca](http://www.gardenexpo.ca)

Canadian Health and Prevention Tour - Presentation with Cooking Demo - *Healthy Eating for Healthy Aging* on **October 26 to November 4, 2009** Locations: **Barrie, Richmond Hill, Gloucester, Oshawa, Mississauga, Windsor, London, Alberton**

THEA Sponsored Presentation and Cooking Demo - *Aromatherapy in the Kitchen* on **September 29, 2009** at 7:15 - 8:30 PM Location: **Fisher & Paykel Canada, Mississauga**

Daytime, Rogers Television with Host Kim McCleary –Cooking Demonstration *Eat Around the World Without Leaving Your Kitchen* on **March 19, 2009** Location: **Mississauga**

- **March 31, 2009 - Press Release:**  
[http://www.ohea.on.ca/files/press\\_release/FishingForOmega3FattyAcids.pdf](http://www.ohea.on.ca/files/press_release/FishingForOmega3FattyAcids.pdf)
- **March 30, 2009 - Press Release:** [Fishing for Omega-3 Fatty Acids](http://www.youtube.com/watch?v=QO_idRDhGFc)  
[http://www.youtube.com/watch?v=QO\\_idRDhGFc](http://www.youtube.com/watch?v=QO_idRDhGFc)
- **March 25, 2009 - Press Release:** [Wild Pacific Salmon - Product of China?](http://www.youtube.com/watch?v=AASGwZKP9HQ)  
<http://www.youtube.com/watch?v=AASGwZKP9HQ>

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