










Original, intriguing, no-cost courses within 5 schools that offer incentives and knowledge to empower individuals and families to live a healthier, more sustainable and socially responsible lifestyle.

***See Festival Map for more location details.**

School	Course/Time/Location	Instructor	Description
The School of Water 	Joliet's Water Supply 10:30 - 11:00AM Location: Dave Walker Sound Stage	Allison Swisher is the Director of Public Utilities for the City of Joliet and has worked in the municipal engineering business for 15 years in both the public and private sector. <i>(Full bio online)</i>	This presentation will discuss the history of Joliet's water supply, the issues surrounding an alternative water source, and how stakeholders can become engaged in the process.
The School of Food 	Kombucha, Kefir and Kraut What's all this buzz, fizz, pop about? 11:30 - 12:15PM Location: Dave Walker Sound Stage	Mary Krystinak is an avid cook, teacher, gardener and outdoors woman who enjoys sharing her knowledge with others. Mary teaches sustainable living and traditional homemaking skills thru her business <i>Mary's Wholesome Living, Ltd</i> , located in West Chicago. <i>(Full bio online)</i>	Mary Krystinak, of <i>Mary's Wholesome Living</i> , will introduce you to cultured foods and suggest tasty ways to include more of these bubbling beneficial goodies into your everyday diet. Samples of Kombucha, Kefir and Kraut will be available during the presentation. Full size fermented products will be available to sale throughout the day at Mary's booth.
The School of Waste 	Polluting the Waste Stream 12:45 - 1:30PM Location: Dave Walker Sound Stage	Meghann Maves is a Recycling Program Manager for Waste Management Recycling Services, focusing on finding ways to increase landfill diversion, by launching, maintaining, and educating the Chicago area on the benefits of recycling and food scrap composting programs. <i>(Full bio online)</i>	Join Meghann Maves, of Waste Management recycling services, for a deeper look into what goes into our solid waste stream. Learn about how to maximize your recycling efforts at home, by learning more about the big picture of the current recycling industry.
The School of Wellness 	Wellness & You ALL DAY Location: Wellness Corner 	The Wellness Corner is staffed by the practitioners at The Center for Wellness and Bodywork .	The Wellness Corner features mini-sessions in massage, reflexology, healing touch, and acupuncture. Blood pressure and glucose screening is available. Wellness information includes chiropractic, hypnosis, nutrition, birthing.
The School of Energy 	The Dynamic Energy of Worms 2:15PM - 3:00PM Location: Children's Tent 	Joan O'Keefe is Will County's own Environmental Educator. She teaches kids and community members the importance behind recycling, composting, and more.	Learn how worms work as decomposers turning organic matter into healthy soil. Watch the worms wiggle and join a raffle for your very own compost bin!



While children are welcome at all Bluestem University Courses, look for the handprint symbol for those courses designed with kids in mind.

