



# Mom-Ease



A non-profit making it easy for families to live healthy, sustainable lifestyles

Mom - Ease is offering classes each month at the Sprague Library in Sugarhouse

February 27, 2008

Organic and Reused Clothing.  
*Why we should and where to get the best stuff!*

March 26, 2008

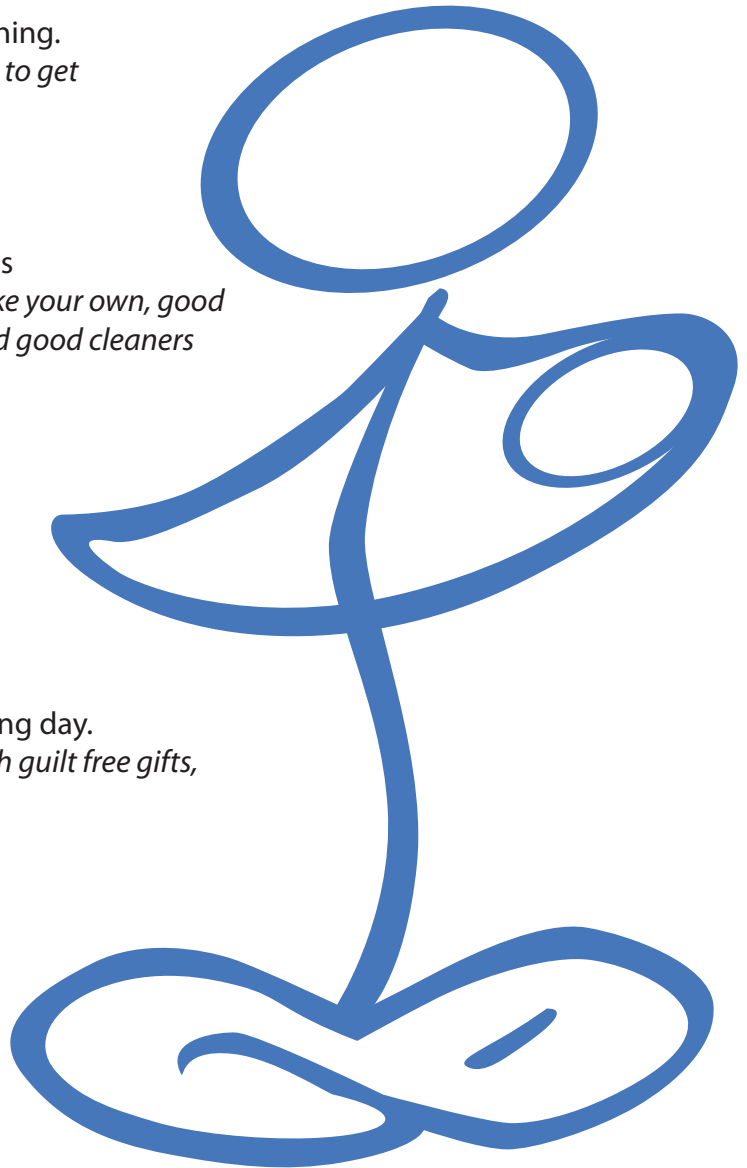
Healthy Cleaning Supplies  
*Good ideas on how to make your own, good books to buy. Where to find good cleaners that are safe for you and your children.*

April 30, 2008

Organic Gardening  
*Tips on how to get started and what supplies to use.*

May 28, 2008

Mothers' annual pampering day.  
*Come to our fun social with guilt free gifts, and fun surprises.*



All classes begin at 12 noon  
Sprague Library • 2131 South 1100 East  
Salt Lake City 84106 • (801) 594-8640

Also, check out Baby Book Time at 10am and Story Time (ages 2-7) at 11am right before your Mom-Ease class. These are free classes sponsored by the Library.

[www.momease.info](http://www.momease.info)