

# HOW-TO FESTIVAL

## Pacific Beach/Taylor Library

### Cass Street Plaza

- 11:00** How to Make Balloon Animals
- 11:30** How to Make a Mexican Fruit Cocktail
- 12:00** How to Make Essential Oil Deodorizing Disks
- 12:30** How to Ferment Cabbage for a Healthy Gut
- 1:00** How to Turn Your Initials Into Book Art
- 2:00** How to Roll Basic Sushi

### Community Room

- 11:00** How to Finger Knit
- 12:00** How to Retire by Design
- 1:00** How to Heal Low Back Pain Naturally
- 2:00** How to Overcome Stress with Yoga & Meditation

May 20  
11 - 3 p.m.

