



## Presentation for Village of the Coastside

1. Introduction to Cannabis
  - a. Handout showing consumption methods
  - b. Smoke
  - c. Vaporize
  - d. Edible
  - e. Tinctures/Caps
2. Cannabinoids & CBD/THC ratios
  - a. 113 Different Cannabinoids <https://www.leafly.com/news/cannabis-101>
  - b. Ratio's available
3. Indica –vs- Sativa –vs- Hybrid
  - a. Indica, “In da Couch” .....Pain relief, sleep, anxiety, inflammation
  - b. Sativa, Energetic, appetite, pain relief, inflammation
4. How to Begin
  - a. Slow and Low
    - i. Take your time, don't overconsume until you know your dosing
    - ii. Use low dose edible to start and wait 2 hours before adding more
5. Cannabis Legalities
  - a. Adult Use
  - b. Medical Use
6. Seniors and Cannabis
  - a. Quality of Life Handout
    - i. <https://botanika.life/elderly-medical-cannabis-stop-reduce-opioid-use/>
  - b. 700 Remedies List
    - i. <http://www.encode.org/info/700-MEDICINAL-USES-OF-CANNABIS.html>
7. Access To Cannabis
  - a. Dispensary
  - b. Delivery
8. Cost of Cannabis
  - a. Senior Discounts
  - b. Sales Tax