

Herbs 101

Thursday April 30, 6:00 pm

Georgetown Market 4375 Georgetown Road

Call 317.293.9525 to register



Herbs 101 provides foundational information about using and preparing herbs. You will learn:

- Detailed information about the top ten herbs for home use.
- How to make herbal infusions, salves, tinctures, vinegars, etc.
- History of herbalism
- Important herbal safety tips
- How to recognize high quality herbal supplements

Each course participant will receive sample packets of Calendula and Chamomile, a heat-n-seal teabag, and a recipe booklet containing herbal recipes you can use to make your own herbal products.

Course fee \$20 with pre-registration. Call the Natural Living department at 317.293.9525 to register.



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Founder, Good Works Wellness Research LLC
Presenter at Raw Spirit Fest 2009

Providing a naturopathic approach to wellness with services in Herbalism, Kinesiology, Iridology, Nutritional Consultation, Bach Flower Remedies, Aromatherapy, Body Work, Living Foods Life Coaching, and others.

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