

Better Health with Herbs and Flowers

Date:

Wednesday, April 2, 6:30PM
Phone: 410 628-WELL (9355)

Hosted by:

Dr. Mary Ann Ley

Location:

Achieve Wellness Chiropractic Center, LLC
6 Parks Ave, Cockeysville, MD 21030 US

Please invite a friend and sign up early as space is limited.

Fee: \$10

Dr. Mary Ann invites you to participate in this workshop with delightful presenter Tina Beneman, who has a wealth of knowledge on the subject.

Presenter: TINA BENEMAN, author of Rodale's /Cooking with Herbs/, began her public career 25 years ago as Tina James, host of /Good Earth Garden/, a public television series devoted to organic growing. When not digging in the dirt, she offers a unique blend of healing services as a therapist and licensed Wedding Officiate.

www.tinabeneman.net

Plants have been used to heal and comfort us from the very beginning. Even today, about 40% of prescription drugs are made directly from plants. This presentation introduces simple, thrifty ways to use everyday herbs like parsley, sage, rosemary and thyme to take care of ourselves and our families. You'll learn how to prepare effective teas and tinctures for common ailments such as **colds, flu, stomach aches, digestive problems and headaches** as well as natural first aid remedies for cuts, bruises, sprains, bee stings and more. Enjoy tasty herb teas and healthy snacks as we explore the healing powers of the herbs in your pantry and garden.