

HERBAL MEDICINE CLASSES

Edible and Medicinal Plant Walks

Wednesday June 12th, Wednesday August 14th
6:30-8:15 pm Minnehaha Pkwy

Get the best herbal education ever! Meet the plants themselves. Come stroll and explore the history, healing powers, and abundance of local plants that surround you, often mistaken for simple weeds. \$25

Herbal First Aid

Wednesday June 19th
6:30-8:45pm

Taking care of yourself, your family and friends can so easy with just a small handful of plants. Learn about four miraculous but common plants that cover a ridiculous amount of life situations. Prepare to be amazed! \$30

Making Herbal Medicine

Thursday July 25th
6:30-8:45 pm

This class will cover the gathering and preparation of herbal medicinals. Includes hands-on tincture making. Oil and ointment making will be demonstrated. Participants will take home a tincture that they have prepared. \$35

Instructor: Lise Wolff has studied herbalism for 30 years and is a professional member of the American Herbalist Guild. She holds a Masters of Science in Herbalism (MSc) from the University of Wales. An active practitioner, Lise supplies her apothecary primarily with herbs she gathers and prepares. She has been practicing and teaching herbalism for the past 20+ years.

Lise will call you with meeting locations upon receipt of registration and payment.

Mail Checks to: Lise Wolff, 4626 18th Ave S, Minneapolis, MN 55407

Questions ??? Call/text Lise at 612-819-9946 (cell) or email lisewolff@yahoo.com

Please register ASAP. Classes fill quickly.

***24-hour notice of cancellation required for refund.**

Registration for Herbal Medicine Classes

Name:

Phone #

Email:

Class Names and Fees:

- Edible & Medicinal Plant Walk on Wednesday, June 12th, \$25.
- Herbal First Aid on Wednesday, June 19th, \$30.
- Making Herbal Medicine on Thursday, July 25th, \$35.
- Edible & Medicinal Plant Walk on Wednesday, August 14th, \$25.

Where did you hear about this class?