



Herbs 101: "Using Your Spice Rack as a Medicine Cabinet"

This class is an introduction to the medicinal properties of culinary herbs commonly used in food preparation, presented by Donna Reynolds, Certified Herbalist and founder of Willow Moon Herbals.

Do you have a scratchy throat, or a lingering cough? Does one of your children have difficulty concentrating on their homework, or are you simply looking to improve your health, but don't know where to start?

You need reach no further than your handy spice rack - many of these flavorful culinary herbs are really medicinal herbs in disguise!

In this one-hour class, we will:

- * Discuss spice/culinary herbs from a medicinal point of view
- * Cover about 12 common herbs and how they may assist your health and wellness

This class will be offered at two different times on November 16th via Zoom!
Choose whatever time best fits your schedule!

HERBS 101: USING YOUR SPICE RACK AS A MEDICINE CABINET

Wednesday, November 16th

12:00-1:00 pm and also 7:00-8:00 pm

\$25 per class via Venmo to "Lynn-Pridmore (Zoom link sent upon payment)"

For additional info, contact Lynn Pridmore at Lynn@SpiritHealingAndWellness.com or 201-572-7771.

To learn more about Donna Reynolds, Certified Herbalist, please visit www.WillowMoonHerbals.com.