

# Herbal Medicine Class at the Edge of Spring

**Spring Bark Collection and Medicinal Preparation  
Saturday March 28th Noon-4:30pm**

Learn a simple and effective way to gather and prepare barks for medicinal purposes. During the class we will take a walk, identifying medicinal trees and shrubs, on the way to harvesting a medicinal bark for preparation during the class. Students will take home a tincture (or dried bark) they have collected and prepared for home use. Making medicinal oil for topical preparations will also be covered. This is a hands-on class. Red Osier, Linden, Northern White Cedar, Elder, Elm, White Oak, Ginkgo and Prickly Ash will be identified and discussed for medicinal purposes.

\$60

Lise will call you with meeting locations upon receipt of registration and payment...  
*check or cash. Still no credit cards.*

**Mail Checks to: Lise Wolff, 4626 18<sup>th</sup> Ave S, Minneapolis, MN 55407**

Questions ??? Call or text Lise at 612-819-9946 or email [lisewolff@yahoo.com](mailto:lisewolff@yahoo.com)

Please register ASAP. Classes fill quickly.

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

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## Registration for Spring Barking Class

Name:

Phone:

Email:

Where did you hear about this class?