



# HERBAL MEDICINE CLASSES



## **Edible and Medicinal Plant Walk**

**Monday May 14th**

**6:30-8:00 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. \$20

## **Herbal First Aid**

**Wednesday night June 13th or Monday June 25th**

**6:30-8:30 pm**

Taking care of yourself, your family and friends can be simple. Learn about four miraculous but common plants that cover many first aid situations. The basic precepts of herbal medicine will also be covered. \$25

## **The Saint John's Wort Class**

**Sunday June 24<sup>th</sup> 10am-3:00pm**

Begin with an in-depth exploration about this both literally and figuratively magical plant on its most powerful day; St John's Day. Then we will travel to a hidden location in the Twin Cities to gather this flower for both oil and tincture for students to take home \$50

## **Making Herbal Medicine**

**Monday July 16th**

**6:30-8:30 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. \$25

**Instructor:** Lise Wolff has studied herbalism for 29 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 18<sup>th</sup> 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.**

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## REGISTRATION FOR HERBAL MEDICINE CLASSES

Name:

Phone #

Email:

Class Names and Fees:

Where did you hear about this class?