



# Herbal Medicine Classes



## **Edible and Medicinal Plant Walk**

**Wednesday Nights April 28<sup>th</sup> or May 12<sup>th</sup> 6:30-8:00 pm Minnehaha Pkwy  
Sunday May 23<sup>rd</sup> 3-4:30pm Northfield MN**

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 May 19<sup>th</sup> or June 9<sup>th</sup> 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

## **Making Herbal Medicine**

**Wednesday Night May 26<sup>th</sup> or June 16<sup>th</sup> 6:30-8:15 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 18 years and is a professional member of the American Herbalist Guild and has recently been awarded her 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 13 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 Lise at 612-819-9946 (cell) 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 Herbal Medicine Classes**

Name:

Phone #

Email:

Class Names and Fees:

Where did you hear about this class?