

# Herbs for Health & Healing

March 25, 6:00 pm ♦ Georgetown Market

Call 317.293.9525 to register



Herbs have been used throughout history to treat every known health condition, yet many people are unaware of their many uses or are unsure how to use them.

**Herbs for Healing** provides detailed information about using and preparing herbs. You will learn:

- Detailed information about the top herbs used for common health issues.
- What herbs should be in every home first aid kit
- How to make herbal infusions, salves, tinctures, vinegars, etc.
- Important herbal safety tips
- Issues to consider when purchasing herbal supplements

Each course participant will receive sample packets of herbs and a recipe booklet of herbal recipes that can be used to make herbal products at home.

Course fee \$20 with pre-registration. Call the Natural Living department at 317.293.9525 to register.



**Good Works Wellness Research, LLC**  
*Experience the wellness God intends for you!!™*

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**Naturopath & Raw Foods Life Coach**  
**Founder, Good Works Wellness Research, LLC**

Providing a naturopathic approach to wellness with services in Herbalism, Nutritional Counseling, Iridology, Dried & Live Blood Cell Analysis, Emotional Freedom Technique, Aromatherapy, Living Foods Life Coaching and others.

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