

# Local Herb Classes

Fall Schedule 2010  
Thursdays at 7:00 pm



<b>September</b>	2	Herbal Brain Healing David Christopher
	9	St John's Wort Mishelle Knutsen
	10	Cleanse and Nourish Doreen Spackman
	23	Nutrition in the Kitchen "Wheat" Yvonne Salcido
	30	Backyard Herbology with Herb Walk (weather permitting) David Christopher
<b>October</b>	7	Cardiovascular "Save Your Heart" David Christopher
	14	Healthy Food Storage and Herbal 72 Hour Kits Yvonne Salcido
	21	Bio-Kinesiology David Guertler Please wear neutral colors and do not wear any perfumes or essential oils
	28	Herbal Preparations Jo Francks
<b>November</b>	4	Colds & Flu "Save Your Lungs" David Christopher
	11	Wild Berries Doreen Spackman
	18	Herbal "Gifts from the Garden" Jo Francks