

Herbs for fall and winter wellness Workshop 2021

Put on your walking shoes and join us for an afternoon of having fun while learning about wonderful assortment of herbs that can help build your immune system during the colder months of the year!



Date: October 1, 15,
22 & 29

Time: 2:00 – 4:00PM

Cost: \$30.00
per person

Location: 4630
Watson Rd. South
Puslinch



In this workshop, we will walk the grounds and point out herbs found naturally on site and discuss their benefits and value. Learn about local herbs found in abundance such as Mullein, Heal-All, Red Clover, White Pine, and more:

- **PREFERRED HABITAT FOR INDIVIDUAL HERBS**
- **CONSTITUENTS AND BENEFITS**
- **APPLICATIONS, INCLUDING ORGAN AFFINITIES AND INTERNAL & TOPICAL METHODS OF USE**
- **HARVEST PERIODS AND SEED SAVING**
- **PROPER STORAGE TECHNIQUES, AND MORE...**

To reserve your spot e-mail us at info@myurbanscape.ca or call at 905-906-7905