

Healthy Women.  
Healthy Communities

## *Everyday Herbalism Series*

Easy and affordable ways to Nourish with Herbs Daily

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three classes!

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**Feb 16, 6-8pm- Cooking with Wild Herbs**  
**Feb 23 6-8pm- Medicinal Mushroom Magic**  
**March 2, 6-8pm - Making an Overnight Tincture**

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**All classes held at 420 Mill Street.**  
**for more info and to register:**

**<http://kootenayschoolofherbalmedicine.livingmedicineproject.com/everyday-herbalism-womens-centre/>**

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