

A Series Of Talks On Using Herbs For Health And Wellbeing

With Lucinda Warner At Brighton And Hove Therapies



Come and learn all about how to use herbs at home in this series of monthly Sunday morning talks by local herbalist Lucinda Warner.

11 am – 12.30 pm

September 30th – Introduction to using herbs at home

October 21st – Herbs for stress

November 18th – Herbs for boosting immunity and treating common winter ailments

December 16th – Herbs for the digestion

January 20th – Herbs during pregnancy and childbirth

February 17th – Herbs for children

March 17th – Herbs for a spring detox

Each talk will involve recipe ideas and basic herbal knowledge to empower you in using a variety of plant preparations at home for increased health and wellbeing.

To book your place contact BHT on 01273 692628

www.brightonandhovetherapies.com

Or email Lucinda on lucindawarner@gmail.com for more information.

£8 per individual talk or choose to attend 5 for the discounted price £5 each, making a total of £25.

