

## Herbs, Health & Healing

### An Introductory Course in the Art of Herbal Medicine

Come explore the magical, healing world of plants this summer with Herbalist Holly Hayward in the classroom and fields and forests of Sugar Hill, NH. An exciting synthesis of lecture and hands-on experience for all ages. Learn the traditional uses of many indigenous herbs and create your own safe and effective natural plant medicines. Five Saturdays, June through September.

- Plant identification, cultivation & harvesting
- Herbal preparations and uses
- Herbal remedies and disease applications
- Fundamental principles of holistic healing
- Edible wild plant foraging

WHEN June 21, July 12, Aug 2, Aug 30, Sept 20

WHERE Sugar Hill Botanicals, Sugar Hill, NH

COST \$350 includes all materials & course notes  
(Early bird discount by April 1: \$300)  
Limited work study available.

For more information call Holly at (603)823-8434  
or email [hayward@sugarhill.com](mailto:hayward@sugarhill.com)

sugar hill  
BOTANICALS

PO BOX 109 • FRANKCONIA, NH 03060



MAPLE SUGARING AT THE ROCKS - Brownie Troop #2243 from St. Rose church in Littleton learns about Maple Sugaring at the Rocks then a hayride.

From page 17