

Winter Herbal Medicine

Workshop with local herbalists Jude Greenan & Vanessa Neville

Come along to a fantastic practical
Winter Medicine workshop and learn how to
make your own winter remedies!



**Saturday 20th Nov.
3:30-5:30pm
URC Church Hall,
154 Cherry Hinton Road
(near Coleridge Road)**

Plants are a powerful, renewable and accessible source of medicine.

This session will show you how to use them as part of an alternative self-care strategy. The focus of the afternoon will be on winter remedies: immunity, colds and flu, fevers and circulation.

Find out how many of our garden and hedgerow plants can be used to treat common conditions, and learn to make two remedies that you can reach for throughout the chilly season.

E-mail herbalists@ofpeopleandplants.co.uk to book.
Suggested contribution £5-10 towards materials and room hire.
Please bring 2 clean empty jam jars.

This is the first event of the new
Transition Cambridge Healthcare Group.
For more information about this event
or group, or if you'd like to get
involved, e-mail us at
transitioncambridge@googlemail.com



<http://www.transitioncambridge.org>