

A workshop entitled **Make and Take Homemade Herbal Teas** will take place at Goodall Memorial Library on November 7th @ 6:30PM. Learn about the ancient and modern day healing and medicinal properties of teas! Teas have been used to boost immunity, alleviate headaches, and for calming and energizing. They have been used to assist in treating depression, anxiety, insomnia, arthritis, and digestive problems. Create and make your own teas and take home samples. Pre-registration is required and there is a charge of \$3.00 per participant for supplies, payable on the evening of the program. You will make 4 different teas to take home:

Serenity Tea (chamomile, orange)...helps with insomnia, tension, digestion, anxiety, aches and pains. This tea provides a tonic for the heart and is an anti-depressant.

Balance Tea (licorice root, rosemary, nettle)...aids in balancing hormones and in pain reduction, sharpens memory, treats allergy symptoms, and has anti-aging properties.

Rejuvenation (peppermint, ginger, lemon)...energizing, refreshing, anti-inflammatory and de-toxifying. This tea eases cold symptoms, upset stomach, and headaches.

Joy and Wellness (rosehips, rose petals, geranium)...anti-aging, immune boosting, promotes feelings of youthfulness. This tea boosts well-being, and promotes health, and feelings of love and peace.

The workshop is led by Cindy Simon, Healthy Lifestyle Coach and Community Educator, M.A., N.C.C., R.M.T. Join us for a fun, informative evening that may very well impact a positive change in your life.