

NOURISHMENT

from the ground up



Thursday, May 15

6-7pm

Terra Bella Bakery-Café

601 E Dimond Blvd #6

Suggested donation: \$20

To register, call 562-2259 or

linda@terrabellacoffee.com

Four Fantastic Herbs for Vitality and Supreme Nourishment

The ancient tradition of herbal healing empowers you to take preventative health care into your own hands! We will talk more about the mindset behind this tradition, and focus on the medicinal and nutritional benefits of Four Fabulous Plants.

You will learn an easy preparation method for these gentle, yet profoundly healing green allies, which can be used daily in place of synthetic vitamin and mineral supplements, for more optimum nourishment.

Stella Lyn uses tried-and-true methods which have been working for people throughout history. With an emphasis on nourishment, Stella offers classes and private consultations for people at any stage of life, dealing with acute or chronic illness, or just wanting to enhance their well-being. She also offers high quality bulk herbs, and herbal extracts. She is inspired by the sparkle in people's eyes as they begin to see the weedy plants of the doorstep as healing allies and supreme foods.