

BURROWS LEA WELLNESS TALKS

at Harry Edwards Healing Sanctuary , Burrows Lea, Shere, GU5 9QG

Thursday 26th September 2019
2pm - 4pm

WONDERFUL WILD WEED WALK

*Through the magnificent grounds of
Harry Edwards Healing Sanctuary*

Join medical herbalist Janice Gerhardt MNIMH and discover some of our amazing local herbs, their medicinal and culinary uses and talk about a plethora of ways to use our vibrant weeds at home, in the kitchen or in our medicine box.

Explore why elder is known as a whole medicine chest in one and how to harvest and use our local abundant medicinal plants.

Jot down ancient recipes towards a more robust health and enhanced well being.

Being healthy can be fun!

Places are limited and so please contact Carolyn Low on 01483 203540 or email Carolyn.graeme@hotmail.co.uk if you wish to attend. There is no charge for this event but donations are much appreciated.