

Wholesome Living Workshop - Immunity Boost  
Thursday, September 12th, 2019  
6:30 - 8:00pm

September!.....Back to School!....

Another school year begins AND we all know what that can bring with it. The children and staff are all in one building and the possible spread of germs begins.

Our immune system works hard for us. Much of the fresh produce we enjoy during the warm seasons, along with being outside in the fresh air and sun, gives our bodies an immune boost to fight 'cold' germs and viruses. As fall approaches, the days are shorter, meal choices are altered and more of our time is spent indoors.

There are wholesome ways to support our immune system. Some seasonal foods, herbal teas and syrup, and herbs that can be added to soups and meals will be discussed during the Immunity Boost workshop. You will learn how to prepare elderberry syrup and taste a sample. Mix and take home an herbal blend for your 'Immunity' soup. Elderberry syrup kits will be available and The Immunity Soup recipe will be shared with you. Hope to see you there!  
Annie

\*As a local community member, mother, grandmother and wholesome living advocate, I have worn many hats. It was being part of the educational field that made me realize that we all learn, all the time. My interest in healthy living led to my study of herbs. Now a Master Herbalist, I continue to learn each day. I grow and use herbs, spices and healthy foods to benefit my health and I want to share this knowledge of wholesome living with others.  
Anne Benner