Walthamstow Herbal Happenings

SPRING 2014

with community herbalists
Rasheeqa & Charm



Saturday 22nd March, 12noon-4pm
The Mill, 7-11 Coppermill Lane, Walthamstow
The Spring Herbs & Cleansing Workshop
Green herbs, foods & health for springtime revitalising – including light lunch & herbal preparation to take away.
Cost: £35 (£30 early bird until 14th March)
Participants receive half-price discount for the Spring Herbs Walk on Saturday 29th March.
Please book in advance as spaces are limited.

Saturday 29th March, 11am-1pm
The Spring Herbs Walk on Walthamstow Marshes
Meet at The Mill on Coppermill Lane for a fresh exploration of the marshes to see what health-giving green plants allies are coming up, and learn about/share how they can help you.
Cost: £10 (half-price to participants of the Spring Herbs Workshop). Includes free herbal goodies & handout.
Please book in advance as spaces are limited.

Sunday 27th April, time to be confirmed
A Trip to A Herb Garden – Forest Farm Peace Garden, Hainault, east London
Join Charm & Rasheeqa for a visit to this lovely community growing space and find out what a medicine garden can be!
Includes a tour with on-site herbalist Deborah Syrett.
Cost: Free (please book your place in advance).

Hedge Herbs & Wholistic Medicine will also be out and about with their Apothecary at International Women's Day at Walthamstow Assembly Hall on Saturday 8th March & at The Mill on Monday 17th March for the Low Cost Living event for over-50s – come and find us for a healthy chat!

For more info or to book any of our events, contact Rasheeqa on 07784 506 494 or email rasheeqa@hedgeherbs.org.uk

www.hedgeherbs.org.uk **www.wholisticmedicine.co.uk**