



A Unique Herbal Study Series Begins Each Season!

Hands-On • Empowering • Educational • Affordable

Small class size – Each series is limited to 12 students – Sign up early!

The Home Herbalist Series

Instructed by Maria Noël Groves, Clinical Herbalist

These eight (3-hour) classes will give you a solid background in herbs so that you are more educated and comfortable using herbs to help heal a variety of common health concerns. Each class will discuss a body system, food and herbs that can be helpful, as well as a remedy-making demonstration (with finished samples to bring home). Perfect for beginner and intermediate herbalists, and anyone who would like to better understand these lovely healing plants.

Series students will receive a certificate upon completion.

STARTING MARCH 25

Saturday Mornings in Auburn

Massabesic Audubon Center

Dates: Mar 24 & 31; Apr 7, 21 & 28;

May 5, 12 & 19

Register: Call 603-668-2045

Web: www.nhaudubon.org

\$40 per class or \$280 for series

Substantial discounts for MAC members!

STARTING JUNE 1

Monday Evenings in Allenstown

Wintergreen Botanicals, LLC

Dates: Jun 4 & 11; Jul 16, 23 & 30;

Aug 6, 13 & 20

Register: Call 603-340-5161

Web: www.wintergreenbotanicals.com

\$35 per class or \$240 for series

Free 30 min herb walks before four classes!

Introduction to Herbalism & Herbal Nutrition *Remedy Making: The Art of Tea*

Energy & Relaxation: Herbs for the Nervous and Adrenal Systems *Remedy Making: Tinctures*

Digestive Wellness: Herbs for the Upper & Lower GI *Remedy Making: Herbal Oils*

Detoxification: Herbs for the Liver, Colon and Urinary Tract *Remedy Making: Capsules*

Insulin Resistance & Diabetes: Herbs to Support Blood Sugar Balance *Remedy Making: Salves*

Hypertension & Cholesterol: Herbs for the Heart *Remedy Making: Herbal Honey & Vinegar*

Allergies, Colds, Flu & Respiratory Health: The Immune System *Remedy: Elderberry Syrup*

Women's & Men's Health: The Reproductive System *Remedy: Lip Balm, Lotion & Bodycare*

Fun, Remedy-Making Workshops at Canterbury Shaker Village

- **Friday, Jan 20, Noon – 3 pm: Cooking with Herbs: Hearty, Healthy Winter Fare-come hungry!**
 - **Friday, Feb 17, Noon – 3 pm: Super Herbal Immunity: Medicinal Herbs for Cold & Flu**
 - **Friday, Mar 16, Noon – 3 pm: Healing the Body Through the Skin: Topical Remedies**
 - **Friday, Apr 20, Noon – 3 pm: Kitchen Apothecary: Tea, Tincture, Capsules & More**
 - **Saturday, Dec 1, 10 am – 1 pm: Shaken Not Stirred: Herb & Fruit Cordials for the Holidays**
- \$35 per class (CSV members get discounts) Call 603-783-9077 or visit www.shakers.org to register.**
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ALL MARIA'S CLASSES CAN BE TAKEN INDIVIDUALLY OR AS A SERIES

- Visit www.WintergreenBotanicals.com for class descriptions & more info! •

MORE HERBAL SERIES with Maria Noël Groves

Register early to reserve your spot! Series students will receive a certificate upon completion.

THE HERBAL LIFE: FROM THE GARDEN & KITCHEN TO 'YR HEALTH At Concord Community Education Tuesday Evenings, 6-9 pm

These in-depth, hands-on classes will show you the basics for almost every medicinal, culinary, and bodycare herbal product you could want to make!

Visit www.classesforlife.com
or call 603-225-0804 to register.

- **Jan 24: Delicious Herbal Tonics** to Enhance Your Health
- **Jan 31: Cooking with Herbs:** Herbal Breakfast
- **Feb 7: Herbally Happy:** Plants for Mood & Energy
- **Feb 14: Cooking with Herbs:** Asian Cuisine
- **Feb 28: A Balanced Cycle:** Herbs & Diet for Women's Health
- **March 6: Cooking with Herbs:** Baking Bread & Desserts
- **March 13: Growing & Using Herbal Tea** from the Garden
- **March 20: Cooking with Herbs:** The Herbal Luncheon

\$29 per class - Includes Remedy Making & Take-Home Goodies for Each Class!
Extra Discounts if you sign up for multiple classes or register with a friend!

BEYOND THE HOME HERBALIST SERIES At Center for Health Promotion, Concord Saturday Mornings, 10 am – 1 pm

We'll delve into new health topics and make creative healing herbal remedies in this new series! This series builds on the Home Herbalist Series but is accessible to anyone. Series students will receive a certificate upon completion. Begins in 2012!

Visit www.concordhospital.org
or call 603-230-7300 to register

- **Jan 7: Backyard Medicine:** Basic Concepts & Favorite Medicinal Herbs from the Garden and Wild – “Backyard Tea” Blending
- **Jan 21: Longevity & Vitality:** Plants that Slow Aging & Promote Good Health – Cordial/Elixir
- **Jan 28: Brain-Boosting Herbs** – Brainiac Bonbons (aka Electuaries)
- **Feb 4: Strong Bones for Life** – Super Nourishing Infusion
- **Feb 11: Managing Chronic Pain** – Gin Raisins
- **Mar 10: Healthy Skin with Herbs** - Exfoliant
- **Mar 17: Herbal Allies for Weight Loss** – Herbal Chocolate

\$35 per class - Includes Remedy Making & Take-Home Goodies for Each Class!
2.9 Nursing Contact Hours Per Class!

Concord Hospital Professional Practice and Development Department is an approved provider of continuing nursing education by the New Hampshire Nurses Association Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation



DISCOVERING HERBS SERIES At Shaker Village

This in-the-field series will devote a whole hour to each plant, including time spent identifying, harvesting, and processing it. This unique opportunity to really get to know common, useful medicinals takes place on the historic, scenic gardens, fields, woodlands, and garden barn of the Village.

Call 603-783-9077 or visit www.shakers.org to register.

- **Jun 9: Spring Eats:** Stinging Nettle, Dandelion & Burdock (tea, sauté & tonic vinegar)
- **Jul 21: Height of Summer:** St. John's Wort, Rose & Blue Vervain, (oil, hydrosol & flwr essence)
- **Aug 18: Peak Flavor:** The Mints, Bee Balm & Tarragon (tea, culinary vinegar, raw honey)
- **Sep 29: Autumn Barks & Berries:** Wild Cherry, Black Birch & Elderberry (tea, cough syrup)
- **Oct 20: Deep Roots:** Chicory, Elecampane & Horseradish (roasted tea, tincture, pickled roots)
- **Dec 1: Shaken, Not Stirred:** Herb & Fruit Cordials for the Holidays (classroom class)

Herbs & recipes subject to change according to plant availability.

Saturday Mornings, 10 am – 1 pm • \$35 per class

Includes Remedy Making & Take-Home Goodies for Each Class! Discounts for CSV members!

- Visit www.WintergreenBotanicals.com for class descriptions & more info! •