

## **Qigong Connection February 15, 2014**

### **Presentation by Herbalist Susan Schmidt**

#### **Expand into the World of Healing Plants.**

Herbs have been keeping us healthy for thousands of years. It has been said everything you need is in a twenty five mile radius around your home. Susan will bring five of the most useful herbs to have in your medicine cabinet to the class. All her herbs are grown on her land and she creates the healing tinctures that she will bring to class and will share one with the class.

Let Dr. Nature be one of your sources for health and wellness for you and your family.

Susan has been studying herbalism for the past 15 years with teachers Matt Wood, Lise Wolff and Julia Graves, continuing study with Matthew Alfs at Midwest School of Herbal Studies in the Twin Cities. She is a Master Naturalist at the MN River Valley National Refuge and hobby beekeeper.