



Healing Night at Cheryl's Herbs

Free monthly event (donations accepted)

Thursday, February 23, 2012

7:00 – 9:00 pm

Please call in advance for a reservation.

*Cheryl's vision is to bring people together
to share their experiences in healing and to give support to one another.*

Our topics this month are:

Economical Use of Herbs & Essential Oils

Cheryl will offer ideas on
how to make the most of a small group of products
carefully chosen for their multiple uses.

AND

Food Is Your Medicine: Dong Quai Dahl with Quinoa

The discussion group is designed for everyone seeking natural health alternatives including those experiencing addiction recovery; attention disorders; depression, anxiety; HIV/AIDS; autoimmune diseases; recovery from serious injuries; PTSD; high blood pressure; diabetes, obesity; fertility issues chronic respiratory disease, cancer and any other health challenges. All are welcome. Please join us even if you don't have major health problems but simply want to learn more ways to improve health and prevent problems.

Many individuals know they need to do more to improve their mental or physical health but for whatever reason don't seem to make meaningful change in their lives. Being stuck happens. **Healing Night at Cheryl's Herbs** will be a place to learn how effective even the smallest change can be for improving your life. The key for many is to start small with a few new habits because later that blossoms into more significant positive change. Our goal is to inspire and inform those who seek to make change. All are welcome. Please join us even if you don't have major health problems but simply want to learn more ways to improve health.

CHERYL'S HERBS

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