



## NCHG Membership Discounts

Discounts are effective as of 2/1/2013 and are subject to change without notice. Please present your NCHG membership card to merchant at time of purchase/service.

### **Magus Books and Herbs** **10% discount**

1309 1/2 SE 4th Street  
Minneapolis, MN 55414  
612 379 7669  
[www.magusbooks.com](http://www.magusbooks.com)

### **Lise Wolff, Herbalist** **\$15 discount on initial consultation**

4626 18th Avenue South  
Minneapolis, MN 55407  
612 819 9946  
[www.herbalistlisewolff.com](http://www.herbalistlisewolff.com)

### **Diamond Stone Oriental Medicine, Inc.** **\$15 discount on initial visit**

Katherine Krumwiede, L.Ac.  
2415 Hennepin Avenue South  
Minneapolis, MN 55405  
612 872 9133  
[www.diamondstoneom.com](http://www.diamondstoneom.com)

### **Mastel's Health Foods** **10% discount**

Angie Pheneger  
1526 St. Clair Avenue  
St. Paul, MN 55105  
651 690 1692  
[www.mastelhealthfoods.com](http://www.mastelhealthfoods.com)

### **Tao Natural Foods**

**10% discount**  
Anna Badger  
2200 Hennepin Avenue South  
Minneapolis, MN 55405  
612 377 4630  
[www.taonaturalfoods.com](http://www.taonaturalfoods.com)

### **Welcome to the NCHG**

Meetings are held the first Wednesday of each month (except January and July). We meet from 7:00–9:00 p.m. Come early, from 6:30–7:00 for socializing, tea and snacks.

### **Meeting Place:**

Christ Church Lutheran  
3244 34th Avenue South  
Minneapolis, MN 55406

### **2014 Meeting Schedule**

<b>February 5</b>	Making Herbal Cough Drops with Selena & the Guild
<b>March 5</b>	Wellness Tool Kit with the Energy Sisters: Fran and Nadine Dassier
<b>April 2</b>	Tame the Tick and Heal Lyme Naturally with Paula Quinn
<b>May 7</b>	Building the Blood with Chinese Herbs with Julie Colby
<b>June 4</b>	Flower Essences with Loey Colebeck
<b>August 6 / 6:00</b>	August Abundance, Medicinal Plants of Eloise Butler Wildflower Garden with Elizabeth Heck
<b>September 3</b>	Love Your Liver and It Will Love You with Katherine Krumwiede
<b>October 1</b>	Herbal Cough Syrup with Jane Hawley Stevens
<b>November 5</b>	About Digestion and How You Can Help with Katie Murphy Plus NCHG Board Elections
<b>December 3</b>	Herbal Wisdom with Lise Wolff Plus Our Annual Silent Auction