

# Meet the Local Medicine Plants

In Minnesota, safe and easy to use edible and medicinal plants surround us in our parks, paths and backyards. With observation, openness and imagination it is simple to learn their gifts.

Through a series of 6 plant walks over 6 months students in this course will learn how to recognize, harvest, and prepare healing plants growing wild, for home use, including the preparation of tinctures, herbal oils, and salves. The practical nature of this class encourages the common sense use of local plants in everyday life.

- When:** Six classes from 6pm-9pm once a month on a Tuesday evening
- Dates:** April 10<sup>th</sup>, May 8<sup>th</sup>, June 5<sup>th</sup>, July 10<sup>th</sup>, August 7<sup>th</sup> and September 18<sup>th</sup>
- Where:** South Minneapolis near Minnehaha Parkway and Lake Nokomis
- Price:** \$250 for the series of 6 classes

**Instructor:** Lise Wolff has studied herbalism for over 30 years and is a professional member of the American Herbalist Guild as well as having a Masters of Science degree in Herbal Medicine, from the University of Wales. An active practitioner, Lise supplies her apothecary primarily with herbs she gathers and prepares. She has taught beginning and advanced herb classes in the Midwest for the past 23 years.

Lise will call you with meeting locations upon receipt of registration and payment...check or cash. Still no credit cards.

**Mail Checks to: Lise Wolff, 4626 18<sup>th</sup> Ave S, Minneapolis, MN 55407** Questions ???  
Call or text Lise at 612-819-9946 or email [lisewolff@yahoo.com](mailto:lisewolff@yahoo.com) Please register ASAP.  
Classes fill quickly.\*24-hour notice of cancellation required for refund.

Registration of \$250 is for the series. For individual classes within this series you may register for \$50 per plant walk. If registration is within the week of class, please contact Lise before sending in your payment.

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## Registration for Meet the Local Medicine Plants

Name:

Phone:

Email:

Which classes are you registering for?

