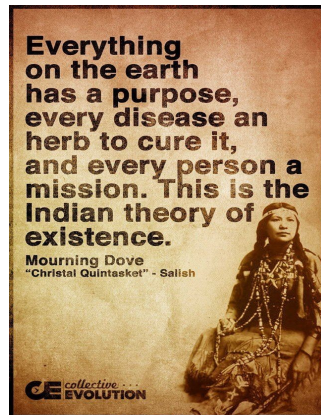


Native American Medicinal Herbs 101



Feb. 22nd 6pm - 8pm
Book & Bead Outlet 950 N. Courtenay Pkwy #20
Merritt Island, FL 32953

In this workshop, Ojibwe Native Carrie Raven Heart, teaches us the basic medicinal herbs used in the Native American community and ceremonies to promote a healthy mind, body, and spirit connection.

She will show a hands on demonstration offering a smudging ceremony to start the workshop off on a positive note followed by an educational seminar of herbal knowledge that has been passed down from her Great Grand Mother Evelyn Blue Bird and her ancestral lineage. Carrie takes pride in following a traditional path of natural healing through the gifts of "Plant Nation" and has been teaching classes and holding seminars on medicinal plants for over 20 years. Join us and learn about nature's medicine cabinet.

Carrie will have for sale, "Cleansing Baskets." The herbs included are sage, sweetgrass, lemongrass, bearberry, dandelion root, cedar and tobacco. Large baskets are \$30 and Small baskets are \$18.

Workshop is \$30.00 per person and available to the first 11 that register. Please call the Book & Bead Outlet at 321-453-2665 to reserve your spot.

