

OUR HEALING ROOTS, LLC

# ROOTED IN HEALTH SERIES

TENDING LIFE THROUGH PLANTS, CRAFTING & COMMUNITY

November 2018 - February 2019

@ Iris Hill Farm in Seymour, MO

\$50 per session (gift certificates available)

EACH SESSION INCLUDES HERBAL STEAMS, PRODUCTS & TEAS, NEW RECIPES, HOLIDAY CRAFTING & KATRINA'S FAVORITE HEALTH RECOMMENDATIONS.

## SUNDAY, NOV 11

ORAL HEALTH NATURALLY

1:30pm - 4:30pm, Class Size 3-15

## SUNDAY, DEC 16

IMPROVING SLEEP WITH HERBS

1:30pm - 4:30pm, Class Size 3-15

## SUNDAY, JAN 20

WINTER IMMUNE SUPPORT RETREAT

1:30pm - 4:30pm, Class Size 3-15

## SATURDAY, DEC 8

DIGESTIVE HEALTH FOR THE HOLIDAYS

9am - 12pm, Class Size 3-15

## SATURDAY, JAN 5

DETOXING FROM THE HOLIDAYS

9am - 12pm, Class Size 3-15

## SUNDAY, FEB 10

JOINT HEALTH RETREAT

1:30pm - 4:30pm, Class Size 3-15

**MORE INFORMATION AT**

[WWW.2BWELLSPRINGFIELD.COM/EVENTS](http://WWW.2BWELLSPRINGFIELD.COM/EVENTS)

417-883-5180

