

Using Herbs and Medicinal Plants for Everyday Wellness

Led by Jennifer Hamilton

Explore and learn how to use various herbs and medicinal plants for your everyday health and wellbeing. Learn how to use plants as medicine, understand the risks and safety of herbs and medicinal plants, forage for your own medicinal plants, and learn how to craft your own medicines at home. Also learn about other plant based products like essential oils supplements.

Session One: Introduction to Using Herbs and Medicinal Plants

- Learn the basics and different ways of using herbs and medicinal plants
- Learn about different types of herbs and medicinal plants
- Learn how to use herbs and medicinal plants safely and effectively

Session Two: Foraging for your own Edible and Medicinal Plants

- Learn how to forage in the Rocky Mountain region for edible and medicinal plants
- Learn how to forage ethically and responsibly
- Learn while on a foraging hike

Session Three: Making your Own Medicines at Home

- Learn basics of medicine making, including safety measures
- Learn how to safely store and use the medicines you make
- Start making your own tincture, tea, and salve

Session Four: Making your Own Medicines at Home Continued

- Continue making own tincture and salve
- Make own bath/beauty products

Session Five: All About Essential Oils

- Learn the basics of Essential Oils
- Learn how to safely choose and use Essential Oils
- Make your own aromatherapy blend