

Herb Walks

Hosted in the herb gardens at Innisfree Farm, Royston

May 26th The Therapy and Meditation Gardens

Learn about garden design and plants for people with disabilities, dementia and other learning difficulties. Breathe deeply in the perfume garden. Walk the labyrinth

June 24 Culinary Gardens

Explore medicinal uses of common garden herbs like fennel, sage, thyme and violets. Taste your way through the garden and take some home to cook with afterwards.

July 22 Apothecary Gardens

Learn about herbal medicines for self care – how to grow your own medicine chest.

call 250 336 8767 www.chanchalcabrera.com

Bring a water bottle and a sun hat.

6.30 pm – 8 pm \$12.00 / walk

Instructed by **Chanchal Cabrera MSc, FNIMH**

Practicing herbal medicine for 22 years.

Master Gardener. Certified Horticulture Therapist.

Faculty Director in Botanical Medicine at the Boucher Institute of Naturopathic Medicine

(New Westminster, BC) since 2004

