



**Making your own herbal remedies at home is easier than you think. Come see us demonstrate how to—**

**Make herbal tinctures**

**Fashion an herbal salve first-aid kit**

**Create a cold & cough syrup your children will love**

**Combine herbs to treat many different ailments**

**Use herbs to balance hormones**

***And much more!!!***



# **FREE Herbal Remedies—Seminar**



***Lee Wellard***

*Natural Remedies Health Practitioner and Consultant*

**Sunday, August 31th 2–5 pm**

**McDonald Rd Seventh Day Adventist Church**

**Address: 5440 McDonald Road,  
McDonald, TN, 37353**

**For more information call: Dorothy Walters, Phone: 423 236 4893**

**Don't Miss Out!**