

Reawaken a culture of wellness and rekindle
the confidence to nourish ourselves,
family and community.

Wild Infusions Study Group

TUESDAYS - 6:00 PM

Sept 24 ~ Mallow

Oct 15 ~ Hawthorn

led by Jessica Maureen Hinsdill
Wild Soutlice LLC

Discussions will include plant identification,
medicinal usage, herbal terminology and more.

Free & Open to All

Registration is limited, please call 315 369-6008 or email
oldforge@midYork.org to reserve your spot.

