



Wellness Seminar

Respiratory Healthy with Plants

Wednesday, October 18

1:30 PM

Join Herbalist Erin Collins for an informative workshop on supporting your respiratory health with plants.

We will be discussing plants that support sinuses and lungs. With the cold season coming up, now is the time to arm yourself with plants that support respiratory wellness. Some plants we will discuss include Mullein, Lavender, and Peppermint.

