



A Community for Parents Interested in Holistic Health and Green Living

Join us for another Cleveland Eastside Chapter Field Trip!

THURSDAY, October 8th 6:30-8:00pm
at Light Footsteps Herb Farm & Learning Center
(1st house on the right past Cutts Rd.)
13085 GAR Hwy., Chardon, OH 44024



Herbal Support for a Healthy Transition into Fall

FEE: \$10

We had such an amazing time in August that we decided to have another field trip to Light Footsteps before the weather changes.

Let's enjoy an evening walk looking for medicinal and edible plants that are still available for harvesting in early October. After our educational stroll, we'll come together to discuss some essential herbal remedies to have on hand as we transition into fall. We'll talk about making an immune-boosting tincture, the importance of adaptogenic herbs, and some herbal remedies for coughs and colds. **You'll leave with recipes for each remedy and we'll make one together that you can take home.** Come enjoy nature and share what natural remedies you rely on during the seasonal transition while learning some new ones, too!

Please RSVP at: www.LigtFootstepsFall.eventbrite.com

Come and see if HMN is the community for you!

Meetings are FREE as a first-time visitor. Membership is \$45/annually

Holistic Moms Network™ is a 501(c)(3) non-profit organization connecting parents who are interested in holistic health and green living.

***For information on joining Holistic Moms Network Cleveland Eastside Chapter,
contact: hmnlevelandeast@gmail.com***