

NATIVE PLANT MEDICINE

Re-Claim Your Health!

Speaker:

Brenda Holder

**The Daughter of Turtle Bear Woman
(Miskin'âhk Muskwa Iskwew)**

Brenda has come from many generations from Cree Medicine People and is proud to carry on her traditions passed down from her mother and grandmothers. She will deliver some unique insights to the plants found in our local area.

Where: Canmore Health & Wellness Centre

When: Thursday March 3rd

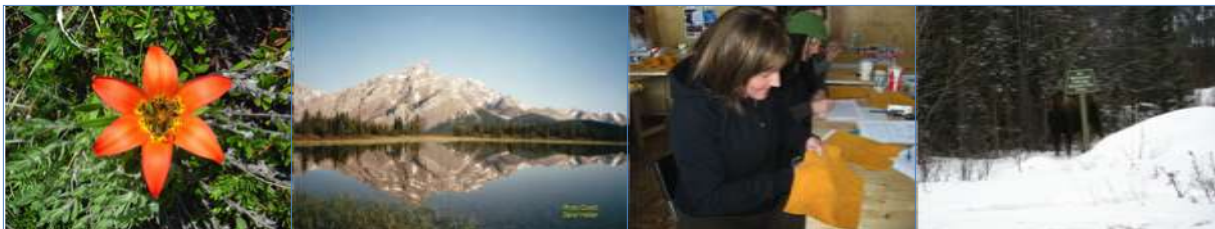
Time: 7 – 8 Pm.

What:

Come learn about the medicines in the alleys in Canmore, and in our wilderness.

Understand some of the amazing properties our “weeds” and wild plants offer us in terms of food, medicine and even clothing!

Cost: Free!



www.mahikan.ca

403 609 2489 or 403 609 8600