

Monday, October 12, 2020 1pm

Growing Herbs for Good Health

Program via Zoom



Discover which herbs grow best here on the coast... and how to grow them. Learn which herbs are especially useful for culinary purposes and which are useful for medical purposes. **Karin Uphoff**, program presenter, is author of Botanical Body Care: Herbs and Natural Healing for Your Whole Body. She is an Herbalist and Holistic Health Practitioner, as well as a Nutrition and Wellness Consultant. Karin has a Master's in Zoology and a diploma in Herbal Medicine. She has been in private practice since 1997 and practices energy medicine from both Eastern and Western traditions.

Click below to request an invite to this program.

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