

Nature's Medicine Chest Workshop

With Barbara Wilkinson DBTh MURHP Consultant Medical Herbalist

Discover more about original medicine and how nature can offer ways to better health and resilience.

Saturday 22nd June 11am to 2pm at Wythenshawe Park

Walk around glorious Wythenshawe Park to uncover natural remedies, herbs and plant life that can alleviate pain, reduce stress, and improve wellbeing. Some gentle walking as part of this 18+ event.

> For more information and general enquiries info@blossom-mcr.co.uk



Natures Medicine Chest

Tao Wei

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