

The Institute for Holistic Health Studies at WCSU Presents

Herbal Remedies for Stress

with Lupo Passero, Community Herbalist, Dir. Twin star herbal Education



Join Connecticut Herbalist Lupo Passero, for this informative class on how familiar herbal remedies can help to combat everyday stressors. Herbs have been used for centuries for health and wellness and there are many common, safe and effective herbs can be utilized to support and nourish our often overworked nervous systems. Lupo will discuss a few of her favorite herbs and share recipes for how to easily incorporate them into your lifestyle.



Date: Tuesday Nov 15, 2016 from 6:30-8 pm
White Hall room 127, Midtown Campus
Western Connecticut State University
\$25.00 (free for WCSU students with valid ID)
Register at twinstartribe.com or email at
info@twinstartribe.com

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