

morris county park commission

Herbalism for Your Health



Sunday, July 28 · 1 pm - 2 pm

The Frelinghuysen Arboretum · 353 Hanover Ave, Morris Twp.

Join Shannon Mayernik, owner of educational lifestyle company Mayernik Kitchen, and discover how your backyard weeds can be used for medicinal purposes for you and your family. Touch, smell, and taste the plants, learn a variety of techniques, and try a tincture of homemade plant medicines. Please note: This is for informational purposes only, and is not intended as a substitute for advice from your physician or other health care professional.

Register at
arboretumfriends.org
or call 973.326.7603.
Cost: \$12 per member
\$15 per non-member.

arboretumfriends.org



*enjoy the
experience*

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morrissparks.net

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