



Dandelion

DIABETES WELLNESS PROGRAM presents



Valerian

Traditional Tea Making with Eunice Henry



plantain



milfoil

**Thursday December 6th 2018
6 p.m. to 8 p.m.**

**White Pines Board Room
1745 Chiefswood Road, Ohsweken**



Lemon balm



Chamomile

Light Refreshments



Milk Thistle



Saffron

To Register

*Contact the Diabetes Wellness Program
(Registration ensures enough medicine for everyone!)*

(519) 445-2226



Nettle



Yarrow

