

Unlock the healing potential of your kitchen or garden with our award-winning course!

Kitchen Pharmacy **The Basics of Self Care**

Fulham Palace, Saturday 7 May, 1pm-5pm



Join Alex Laird from **Living Medicine** for the first of two inspirational afternoons on how you can use certain foods and herbs to improve everyday self care and health.

Learn through practical demonstrations and a plant medicine walk through the historic Fulham Palace Walled Garden.

This is the first in a five part series; it is possible to receive a Certificate of Attendance should you choose to pursue the full course with **Living Medicine**. The second session is on **Colds & Allergies** on Saturday 10 September.

Booking essential places limited to 15, so first come, first served! Cost is £50/£45 for unemployed adults, including handouts and starter kit.

Book & pay for Kitchen Pharmacy: <http://www.fulhampalace.org/events/kitchen-pharmacy/>

Book & pay for Colds & Allergies: <http://www.fulhampalace.org/events/colds-and-allergies/>

**Venue: Jessie Mylne Education Centre
Fulham Palace, Bishop's Avenue, SW6 6EA**