

# HERBS...



*Do you need them?*

Find the answer to this question at the **Seasonal Herb Talks** at the Barnyard Art Studio with herbalist Arlene Leinbach and artist Elva Hurst!

In this fun and educational time you will...

- get educated about herbs and old fashioned remedies
- learn how to grow and use herbs in medicine and cooking
- sample a variety of herbal refreshments
- closing out the session with a beautiful chalk talk by Elva Hurst!

An enjoyable 2hr session of fun and learning for your ladies group!

Cost: \$20/adult, \$15/child. Prices include refreshments, handouts, and prizes. Contact Elva to schedule your group!



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# ARLENE LEINBACH

*Herbalist*

Arlene grew up in a conservative horse and buggy Mennonite community, where her mother relied on herbal home remedies to ensure the health and well being of Arlene and her 11 siblings. Having learned of the negative effects of too many antibiotics and medications, her interest in herbs and home remedies has grown in recent years.

Arlene has joined Elva in her loft at the Barnyard Art Studio doing **Seasonal Herb Talks** and enjoys sharing with others the benefits and uses of herbs in everyday life, whether that be a soup seasoning or a home remedy!

