



SELF CARE - ANCESTRAL HERBAL MEDICINE

Angela Angel

Wednesday, April 24, 2019

11:30am-1:30pm

TBA

This workshop will facilitate our connection to the homeland through ancestral herbal medicine. We will work with plants that support our nervous system and our overall well-being and begin to unpack what it means to heal historical and inter-generational trauma.

These events are ADA accessible. Please contact us if you require special accommodations.

For More Information: Tony Santa Ana
(SantaAnaAnthony@fhda.edu) or
408-864-8887

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