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Make Your Own Salves and Herbal Remedies

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Make Your Own Salves and Herbal Remedies

07.29.2008 | Campus and Community, Health, Culture and Society A three-day public series at the University of Dayton will feature a feature a Native American expert on herbs who will show their benefits and healing properties.

A three-day public series at the University of Dayton will feature a feature a Native American expert on herbs who will show their benefits and healing properties.

From 6-8 p.m. Tuesday, July 29, and Wednesday, July 30, the public can learn how to make healing salves at home. Tuesday's session is in Kennedy Union, room 222. Wednesday's session is in the Kennedy Union's Barrett Dining Hall. The cost is \$5 to cover the cost of materials. Please register by e-mailing HerbalWorkshop@gmail.com.

Linda Different Cloud-Jones, an ethnobotanist from the Standing Rock Lakota Nation, will give a presentation about the health benefits of herbs. The free, public presentation is at 6 p.m. Thursday, July 31, in the Kennedy Union's Barrett Dining Hall.

Cloud-Jones, who is originally from Cincinnati, teaches about the medicinal, edible, ceremonial and material uses of plants. She believes that a local and holistic approach to food and medicine is vital to our well-being. Her talks focus on simple ways people can benefit from the plants that grow in our yards.

The Circle of Light and Alpha Phi Omega at the University of Dayton are sponsoring the event.

e-mail HerbalWorkshop@gmail.com.