



SAHS May Program:

Ellen Zimmerman presents First Aid from your Herb Garden

Join us on May 8th as **Ellen Zimmerman** comes to our rescue with a program about **Herbal First Aid**.

Ellen says, *“There are many herbs that grow in your garden as well as several herbal products for purchase, that are used for quick, easy and effective herbal first aid. If you have fresh herbs available, you can create an herbal poultice that will aid the healing of a sprained ankle, a torn ligament and even a broken bone. Herbal poultices can also help with inflammation, wounds and serious insect or spider bites.”*



Come learn why Yarrow, Comfrey, and Echinacea are among the herbs that Ellen finds most valuable for health and healing. See how to use fresh herbs in an amazingly effective poultice to help skin rashes and insect bites. Find out how to enjoy herbs from your own garden to make your life healthier and happier!

About Our Presenter:

Ellen Zimmermann, M.A., and Herbalist founded EZ Herbs in 1995. Ellen studied with Master Herbalist, Rosemary Gladstar, where she developed a special interest and expertise in Women's Health and the herbs most beneficial to women of all ages. As the director of the Austin School of Herbal Studies she offers various classes on Growing Herbs, Herbal Medicine, Natural Cosmetics, Women's Herbs, Plant Walks and several other fascinating and beneficial herbal topics.

The meeting is on **Thursday, May 8th, 2008**. The program will begin at 7:00 (with refreshments served beginning at 6:30) at the **San Antonio Garden Center**, located on the corner of Funston and N. New Braunfels. The meeting is **free and open to the public**. For more information, check out our web site at www.sanantonioherbs.org