



# The San Antonio Herb Society

welcomes  
**Shari Kilman**



Join us on September 8 as Ms. Shari Kilman of OmniStar Farm returns by popular demand, to share and demonstrate her knowledge about “Herbs and Remedies for Colds, Flu, and Allergies”. Ms. Kilman is a working herbalist, grower, and teacher, and has owned and operated OmniStar Farm in Boerne for 26 years. She fell in love with herbs early in life as her full-blooded Sioux grandmother taught her how to heal herself using the herbs of the land. Ms. Kilman is a member of the American Herb Guild and has studied at the Rocky Mountain Center for Botanical Studies and Dr. Christopher’s School of Natural Healing. She has also studied with top herbalists David Hoffman, Michael Tierra and others.



**Visit our website at  
[www.sanantonioherbs.org](http://www.sanantonioherbs.org)**

Come share this rare opportunity to learn from this very experienced herbalist and ask questions. The meeting will start at 7 pm on Thursday, September 8, at the San Antonio Garden Center, corner of Funston and N. New Braunfels. Join us for a social time at 6:30 pm and get to know other members. For more information, call the SAHS Hotline at 641-8166 and leave a message. An officer will return your call.



The program will begin at 7:00 p.m. on Thursday, September 8, 2005 (with refreshments served beginning at 6:30) at the San Antonio Garden Center, corner of Funston and N. New Braunfels. The meeting is free and open to the Public.

