



As the increase of addiction to a wide range of substances continues, the resources, tools and support for addicts must expand. This class will provide a better understanding of addiction and the tools to empower an addict through nutrition, herbs and community. You will have the chance to try multiple herbal formulas and be given ideas for recipes based on different individual needs. Local resources including meetings and programs will be given out as well.

March 3rd from 5:30-7:30
at the Colorado School of Clinical Herbalism
424 E. Simpson St. Lafayette

Suggested donation \$5-10, no one turned away for lack of funds.