



## Simple Herbal Remedies for Winter

**Call to register**  
**319-462-3599**

**Be prepared  
before the winter flu and  
cold season begins!**

Sunday Oct. 2nd  
1 pm—4 pm

10605 Timberview Drive, Anamosa, IA

**Class size limited, call now!**



**Presented by**  
**Marcia Brandt & Joan Donovan**  
**[www.lightworks4u.com](http://www.lightworks4u.com)**

Simple herbal remedies have been around forever. Nature offers solutions for each and every season — simple ways to keep ourselves healthy and strong.

Our grandmothers or maybe great-grandmothers knew which herb, plant, or flower to use to strengthen our bodies and keep us free from colds and the flu. Unfortunately, we have become dependant on ‘drugs’ to ‘solve’ the winter colds and flu.

Spend an afternoon with us and prepare simple herbal remedies to eliminate the viral and bacterial onslaught that awaits for us each winter.

You will go home with natural tinctures that will carry you and your family through the winter season with ease.

**Please bring:** 3 glass quart jars & lids  
A bottle of 100 proof vodka (for the tinctures silly!)  
Your spirit of creativity and adventure~~



Cost is \$74, this includes \$20 worth of herbal materials for your product.

There is also a ‘Surprise’ gift we will send home with you, one that will get your immune system ready for winter. The tinctures you’ll create will also have **special ‘magical’ ingredients**, can’t tell you now, but you’ll love the results.