

ELWHA SPRING TRADITIONAL FOODS

NETTLES & BEYOND!



Saturday, April 13, 2019 10:00am—4:00pm

Lower Elwha Tribal Center Dining Hall
2851 Lower Elwha Road, Port Angeles WA



Spring into Wellness with delicious traditional spring foods. In this six-hour class, we will explore the medicinal properties of nettles, salmonberry shoots, and spring roots and greens. Class members will be guided through the preparation of a nourishing lunch celebrating the bounty of spring, while learning how nature's powerful gifts support our health and well-being. We will prepare a Spring Tonic to take home.

We will also share information about locally available resources for opioid misuse prevention and treatment. Please join us for an enjoyable & informative day of learning & sharing in community!

Presented by Wahji Kasten, ND, and Aleilah P Lawson, Wellness Coordinator



For more info, please contact Aleilah, 360.912.1560, aleilah.lawson@elwha.org.