Course Overview

Holistic Health & Herbal Wellness is an interactive, foundational class covering herbal treatments for holistic self-care.

It will feature healing methods supportive of the life force through plant based medicine, nourishment, digestion, rest, and movement.

About the Instructor

- Valerie Blankenship has over 24 years of experience in the herbal field as a practicing herbal clinician, formulator, medicine maker and educator. She is the developer of the Sage Apothecary line of formulations sold worldwide. She was voted “Best Holistic Practitioner” in 2011, 2012, 2013 and 2014.

- Valerie Blankenship has been studying and working with medicinal herbs and holistic modalities since 1991.

Herbs Kit ($100 value) & guided Herb Walk included with registration!

REGISTER NOW
With Extended Studies at Beth-El College of Nursing & Health Sciences

719-255-4651
BEES@UCCS.edu
www.uccs.edu/BEES

NHSC 3200 Class 20985
Saturday*: June 6th – July 11th
10am – 4pm

*no class July 4th

This course is not and should not be construed as the giving of medical advice or the replacement of the advice or recommendations for treatment of any condition or symptom by a licensed health care provider. Before ingesting or using any type of herbal preparation or material you should discuss possible side effects with a licensed health care provider or licensed pharmacist. Students are not encouraged to create their own herbs or herbal supplements or to self-treat, or treat conditions or symptoms.