



3 & Me

Herbal Immunity Defense

**Prepare your Body + Home
Apothecary for Cold & Flu Season —
the Folk + Functional Way**

**In this intimate, hands-on class,
you'll explore traditional herbs that
support the body's natural defenses
during cold and flu season. Learn
how to work with oregano, thyme,
elder, and other immune allies, then
craft your own Winter Defense
Elixir.**

*1 person - \$95
2 people - \$140
3 people - \$165*