

The Northeast School of Botanical
Medicine **Presents**
A Day of Herbal Presentations
Free & Open To The Public
at the
Ithaca Free Clinic
521 West Seneca Street
Sunday, October 27, 2019

10:00-10:30-Justine Hazelcorn-Herbalism on a Budget

10:40-11:10-Aubrie Iris Johnsen-A Profile of Tobacco

**11:20-11:50-Joe Metzger-Berberine-containing Plants and
their Medicinal Uses**

12:00-12:30-Hannah Maynard-Navigating Thyroid Disorders

12:40:1:10-Gina Murdock-Herbs for Restful Sleep

Break 1:15-2:15

2:15-2:45-Jessie Pagnotta-Helpful Plants for Adrenal Support

**3:00-3:30-Andy Rowan-Herbs for Immunity: Astragalus, Sida,
Echinacea and Reishi**

3:40-4:10-Kim Ehn-Rosaceae: Medicine & Lore

**4:20-4:50-Liesel McCleary-Medicinal Trees: leaves, bark, resin
and more**

Break 5:00-5:30

**5:30-6:00-Kaeleigh Terrill-Herbal Support and Harm Reduction in
Eating Disorder Recovery**

6:10-6:40-Feonix Rose-Herbs for Stress and Trauma

**6:50-7:20-Anna Cerretani-Herbs & Remedies for Hospice
Support**