

The Doctor Is In!

“Medicinal Plants of the West”

Hike with Discussion

Snacks and drinks
will be served

This event is **FREE!**

Space is limited
You must call us at
(818) 548-3795 to
reserve your place

Wear sturdy shoes,
long pants, and a
long sleeved shirt

Bring sunscreen,
water and a hat



Calif jimson weed



Mule fat



Black sage

***Saturday, March 30, 2019
9:00 A.M. - Noon
Deukmejian Wilderness Park
3429 Markridge Rd, Glendale, CA 91214***

Our host for the morning hike will be Dr. James Adams from the USC School of Pharmacy and Co-author of “Healing with Medicinal Plants of the West - Cultural and Scientific Basis for Their Use”.

Topics to be discussed on the trail include: ways that the Chumash Indians use native plants as medicine; the role that these plants play in everyday healthcare; and tips on where to purchase and how to grow your own medicinal plants.

The hike starts at 9:00 a.m. (sharp). We will be on a moderately steep trail with uneven footing. There will be several stops to discuss the plants and their medicinal uses.

This event is **FREE!!!** But space is limited, so you must call us at (818) 548-3795 to reserve your place.

Sponsored By:



Հայերեն տեղեկությունների համար զանգահարել
հետևյալ հեռախոսահամարով (818) 548-2000

Para información en español, llame a (818) 548-2000



**REASONABLE ACCOMMODATIONS WILL BE MADE UPON REQUEST.
PLEASE NOTIFY US WITHIN 72 HRS PRIOR TO EVENT DATE.**