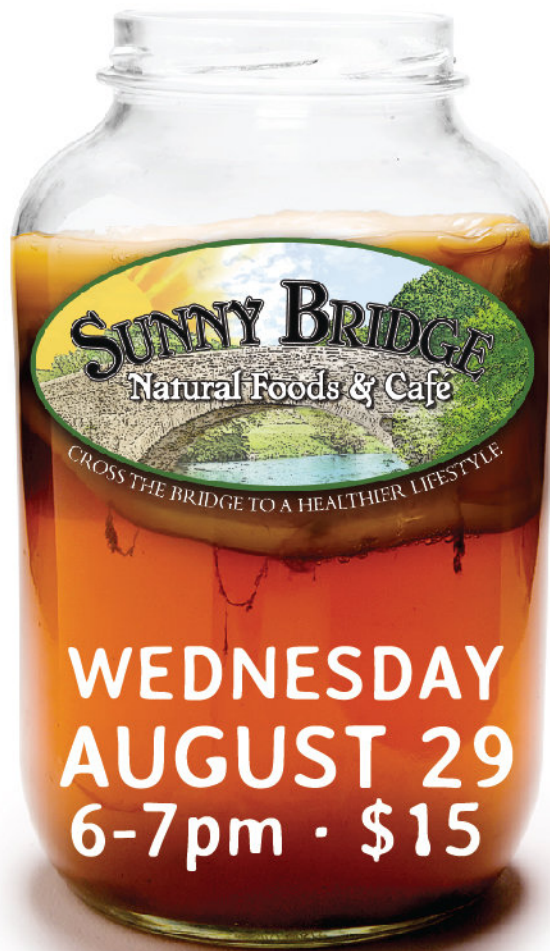


Jen Dalke, Herbalist from Blue Heron Nature Skills presents

# BREW YOUR OWN KOMBUCHA!

COME ON OUT FOR A HANDS-ON DEMONSTRATION OF HOW YOU, TOO, CAN BREW KOMBUCHA RIGHT AT HOME

Learn all the essentials of brewing your own kombucha right at home! Find out just how easy it is! In this class, we'll explore the ins and outs of brewing, from start to finish! Attendees will leave with your own kombucha scoby starter and all essentials and instructions for keeping your kombucha alive and tasting delicious!



Jen Dalke has studied herbal medicine both independently and formally for over 15 years. She healed her own body of allergies at a young age and now enjoys life to the fullest. She loves to share the many ways she has found to bring about healing and how simple it is to achieve these results ... naturally!

See her website for more information at [www.BlueHeronNatureSkills.com](http://www.BlueHeronNatureSkills.com)

***\$15 per person. Seating is limited. Register early in-store or by calling 724-942-5800.***