

JAN
22



LAKOTA FOOD KNOWLEDGE LIP BALM/SALVE & TEAS

**At Thunder Valley
Sunday 10am-2pm**

Want to learn how to make lip balm, salves and teas? Join us Sunday Jan. 22, 2016 at Thunder Valley where we will learn how to do these with Linda Black Elk, Ethnobotanist, Plant Lover, and Forager. We will join together and talk about the recipes and old style methods of preparing.

**NHERNANDEZ@THUNDERVALLEY.ORG
OR CALL 605-455-2700 FOR MORE INFO**