

# Winter Wellness

## An Anthroposophic Approach to Kitchen Table Homecare for Cold and Flu Season

With Teresa Ferrari, RN and Margo Howard, RN

*Saturday, January 25<sup>th</sup>*

*10am-noon*

*902 Santa Fe Avenue, Albany CA 94706*

The nurses at 902 Santa Fe invite you to come learn some of the tricks of the trade, as we demonstrate homecare applications for sore throats, runny noses, sinus congestion and coughs and give you the opportunity to get your hands on some of these techniques, as well! You will go home with a healing-oil chest cloth and instructions for all of the applications we teach.



Cost is \$20. Please RSVP as space is limited.