

Class Schedule and Descriptions



11:00am

Sat. Sept 20

Erwin, TN

Union Street Taproom:

The Home Herbal Apothecary

presented by *Joanna Mann of Walden Farmacy*

Learn how to make your medicine cabinet more resilient by treating with farm instead of pharmacy.

FREE! No Registration required

More Info: HERBalachia.com/sassyfest

Unicoi County Public Library:

Functions of Fungi in Remediation and Restoration

presented by *Rodney Webb of Appalachian Fungi*

Explore the vital role of fungi in ecological restoration and environmental health.

Stegall Pottery Tent:

Herbal Pathways to Self

presented by *Julia Thie: Clinical Hypnotherapist, Gene Key Guide, Wellness Educator*

Rituals of Remembrance - How Herbs Anchor Us To Our True Selves

1:00pm

Union Street Taproom:

Building Resiliency with Herbs

presented by *Seth McLaughlin of Ageless Integrative Medicine and Laser Skincare*

Explore the power of herbs to help us weather life's storms with strength and balance.

Unicoi County Public Library:

Herbal Mutual Aid

presented by *Dr. Sarah Nunez of Aflorar*

The Herbs Have Something To Say: Building Community Care + Mutual Aid Networks During Climate Catastrophes and Political Threats

Stegall Pottery Tent:

Cultivating Forest Medicine

Presented by *Robert Eidus of Eagle Feather Farms*

Learn how to rebuild forest ecosystems and local economies by cultivating medicinal plants like ginseng, jaiogulan, and goldenseal in a sustainable woodland setting.

3:00pm

Union Street Taproom:

Ladies Hormone Balancing with Herbs

presented by *Dr. Michelle Bouton or Erwin Acupuncture*

Feeling out of balance? Let's explore plants that can help balance hormones naturally to support cycle health and fertility as well as smooth the tricky perimenopausal transition.

Stegall Pottery Tent:

Herbal Preparedness for Hard Times

presented by *Lori Collins Jenkins of Sister of Mother Earth*

Learn how to stock and use herbs for everyday and emergency needs.