



# Kitchen Herbalism

With Marina

**Join us! Free! Wed., Nov. 13th**  
**2:40pm (after Always Active)**

*Learn about common kitchen herbs, their use and cultivation as culinary ingredients and medicinal teas, as well as their use to decrease sugar and salt intake.*



**Meet at  
Forest Hills  
Christian Church**

250 Laguna Honda  
Boulevard  
Parking available.

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[www.SFcommunityliving.org](http://www.SFcommunityliving.org).



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