

# Seniors Activity

## Herbal Workshop with Katie Wolk, Registered Herbalist



Join us for a hands-on Herbal Workshop where we will connect with the healing power of nature from the ground up on **Wednesday September 3, 2025 from 2-4** at the Chalk River and Area Lions Hall located at 11 Kellett Street, Chalk River, ON.

We will begin outdoors with a guided walk to identify local wild medicinal plants, which you will learn to recognize, ethically harvest and understand the traditional uses of healing herbs growing right in our backyard.

After our time in nature, we'll head indoors to the Lions Hall for a live salve-making demonstration.

What's included: a guided wild plant walk, an intro to herbal introduction and uses, live salve-making demo (take-home sample), refreshments and a take home handout with instructions and tips.

Please contact Brenda at 613-602-0584 or [blimkieb@hotmail.com](mailto:blimkieb@hotmail.com) to register, no later than August 29 2025.

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada

