



Ohio Herb Education Center Summer Class Lineup – May - August 2008

Gahanna, OH – Mark your calendars for fun and educational classes featuring delicious herbal winter menus, herbal health classes and more!

A Sandwich By Any Other Name

Crostini, Panini, double decker, open-faces, stuffed, grilled, or baked — a mouth-watering array of sandwiches will be presented by Edie (Oma) Hall. From dainty tea sandwiches to “brown bag” luncheons, to hardy supper sandwich-meals, Edie will show how to lift the mundane sandwich to a higher level. Come and taste, get ideas for using imaginative combinations, great tips for presentation and never fix a dull sandwich again!

Location: Ohio Herb Education Center
109 W. Johnstown Rd., Gahanna

Class	Date	Time	R/NR
350101	Mon May 5	6:30-9:30pm	Individual: \$35/\$45 Couples: \$65/\$85

Herbal Spa Evening

Bring your friends and enjoy an evening with Health Counselors and Herb Enthusiasts, Anne Hartley & Adrienne Raimo. Have you ever wondered what's in your skin creams? Learn how to make your own non-toxic and nurturing skin care products. We will be using several ingredients that you already have in your home. Please bring an empty glass jar that you can fill with product. You will also leave with a recipe booklet so you can recreate your favorite concoctions at home.

Location: Ohio Herb Education Center
109 W. Johnstown Rd., Gahanna

Class	Date	Time	R/NR
350102	Tues May 6	6:30-8:30pm	Individual: \$40/\$50 Couples: \$75/\$95

Calendula and Skincare *2008 Herb of the Year!*

Calendula, pronounce (Ca*LEN*du*la), is the 2008 Herb of the Year. Learn how this seemingly sweet little flower from the marigold family can be a powerhouse in skincare. In this make and take project, you'll learn how to make your own healing multi-purpose salve, a nourishing lip balm, and a beneficial massage oil that can be used from head to toe. **Maximum occupancy is 20.**

Instructor: Barb Drobnick, Certified Aromatherapist

Location: Honey Grove Botanicals
74 Mill St., Gahanna

Class	Date	Time	R/NR
350103	Thurs May 22	6:30-8:30pm	Individuals: \$25/\$35 Couples: \$45/\$65

Herbal Spa Day!

Relax and have fun while creating beauty delights with Health Counselors and Herb Enthusiasts, Anne Hartley & Adrienne Raimo. You'll make Queen Anne's Face Cream, Surprise Party Facial Mask, Rejuvenating Body Scrub, Juicy Lip Stain, and Herbal Face Steam. Through hands-on learning you will experience the Acupressure Facelift, a simple and beneficial way to tone the complexion and relax the whole body. A delicious & organic light lunch will be served.

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Class	Date	Time	R/NR
350104	Sat May 24	11am-2pm	\$55/\$65

Summer Backyard Barbeque

Couples are encouraged to join instructors Tom and Patti Miller for a relaxing evening around the grill. With over 25 years of experience, our instructors share their secrets for a tasty and delightful barbecue. The menu is exceptional! Menu: Cedar Plank Salmon with Pineapple Salsa, Bruschetta with Tomato-Basil Topping, French Style Shrimp Salad, Grilled Banana Sundaes and Sparkling Lemon Aid.

Location: Ohio Herb Education Center
109 W. Johnstown Rd., Gahanna

Class	Date	Time	R/NR
350105	Thurs Jun 12	6:30-9pm	Individual: \$40/\$50 Couple: \$75/\$95

Al Fresco Dining

It's summer, the great outdoors is beckoning, and we head for the patio, deck or terrace to enjoy our meals. In this class, Edie (Oma) Hall will offer you some great ideas for your backyard events. Be it a casual barbecue, ladies luncheon, or themed garden party, Edie can inspire you not only with delicious do-ahead recipes but also with delightful table-scapes and great strategies for executing your outdoor parties.

Location: Ohio Herb Education Center
109 W. Johnstown Rd., Gahanna

Class	Date	Time	R/NR
350106	Mon Jun 6	6:30-9pm	Individual: \$25/\$35 Couples: \$45/\$65

Sugar Blues

Bring your friends and enjoy an evening with Health Counselors, Anne Hartley & Adrienne Raimo. How do you feel after eating refined sugar? Have you noticed mood/energy swings or have you seen the affects on your family members? Kids as well as adults are struggling with sugar addictions. Find out why too much sugar is detrimental to your health, how you can gradually cut it down without too much pain but plenty of gain. It is possible to re-educate your taste buds. Try some sweet substitutes for unhealthy ones.

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Class	Date	Time	R/NR
350107	Tues Jun 17	6:30-8:30pm	\$25/\$35

His and Hers Summer Skin Care

You love to garden and he loves to golf. Outdoor summer activities can be great fun but can leave our skin susceptible to too much sun, drying winds and insect bites. In this class, Barb Drobnick of Honey Grove Botanicals invites couples to come learn together how to create a soothing balm for overworked, dry skin. Create a cooling aloe gel spray made with energizing essential oils for a quick pick-me-up. We will also learn about essential oils that can be used to ward off those pesky summer insects and create a 'Don't bug me' spray. Couples encouraged. **Maximum occupancy is 20.**

Instructor: Barb Drobnick, Certified Aromatherapist
Location: Honey Grove Botanicals
Mill St., Gahanna

Class	Date	Time	R/NR
350108	Thurs Jun 26	6:30-8:30pm	Individuals: \$25/\$35 Couples: \$45/\$65

Summer Luau Feast

Enjoy a warm summer evening filled with scrumptious luau fare. Dedicated instructor Wilda Matheny will share her catering secrets and tips. This palette pleasing menu is exceptional! Menu: Spiral Pineapple w/Fruit and Sour Cream Dip, Shrimp with 3 sauces, Beef Teriyaki Skewers, Crusted Cod with Sweet and Sour Sauce, Oriental Noodles with Vegetables, and Flaming Baked Alaska with Fudge Sauce.

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Class	Date	Time	R/NR
350109	Thurs Jul 10	6:30-9pm	Individual: \$40/\$50 Couples: \$75/\$95

Eating for Beauty

Beauty is not just skin deep! What we put into our bodies is as important (if not more so) than what we put on our skin. Find out about foods and herbs that will help you look radiant. The health benefits are endless! Did you know that certain minerals will help delay graying hair and some oils are good at preventing wrinkles? Join Health Counselors and Herb Enthusiasts, Anne Hartley & Adrienne Raimo to find out more.

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Class	Date	Time	R/NR
350110	Tues Jul 15	6:30-8:30pm	\$25/\$35

Bach Flowers

Have you ever felt down in the dumps for no reason? Do you allow others to take advantage of your good nature? Would you like to take control of your anger or protect yourself from the anger of others? There IS a way to deal with these, and many other problems of daily life! Over 70 years ago, Dr. Bach, an eminent British physician, discovered a system to deal with all negative emotions and attitudes that can destroy our well-being. He came up with a way to encapsulate the positive vibrations of certain wild flowers, and these come in tincture form, fairly readily available to us. When we take these in drop form, they can flood our systems with positive energy, driving out the negative, restoring us to our better selves. Find out how to use these perfectly safe essences (no aroma) to improve our lives and health, and learn about some of the 38 different essences! Also, try the famous Rescue Remedy! Anne Hartley is a Bach Flower practitioner and holistic health counselor living in Gahanna.

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Class	Date	Time	R/NR
350111	Tues Aug 19	6:30-8pm	\$25/\$30