



Virginia Garcia
Memorial
HEALTH CENTER

DATES & TIMES

Friday, July 21st

1 – 3pm

Cooling Summer Herbs,
Healing with Garden
Weeds

Friday, August 11th

2 – 4pm

Healing with Herbs
from the Kitchen Spice
Rack

Friday, Sept. 22nd

2 – 4pm

Fall Wellness

Friday, Oct. 6th

1 – 3pm

Fall and Winter Self-
Care

Friday, Nov. 10th

1 – 3pm

Making Herbal Honey
and Syrups

Friday, Dec. 22nd

1 – 3pm

Immune System and
Stress Relief, Making
Broth/Stock



Dr. Tania Neubauer is a Naturopathic Doctor at Virginia Garcia offering hands-on classes where she teaches how to care for yourself and your family with herbs and foods that are both common and in your budget!

The group classes take place once a month for two hours in the Cornelius Wellness Center teaching kitchen: 1151 N. Adair St., Cornelius, OR 97113.

You will get to take home herbal goodies made during the class along with increased knowledge to share with and care for your family!

* Children of all ages are welcome with a parent present.

Note: these are group medical visits. Your health plan will be billed as per any medical visit or you will be billed your normal sliding scale visit fee.