

# Connecting with Plant Medicine with Keena Azania Romano

Free 2-part workshop  
Monday, October 20<sup>th</sup> and 27<sup>th</sup>  
5:00pm-6:30pm



Discover the calming and restorative benefits of Agua Florida, a traditional aromatic water made with citrus, herbs, and spices. In this two-part, hands-on workshop, you'll learn simple ways to support your mind, body, and spirit through meditation and plant-based remedies.

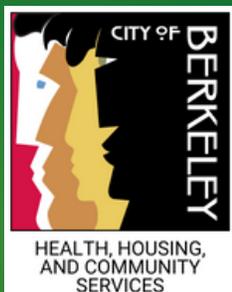
-  Support emotional balance and relaxation
-  Explore use of Agua Florida
-  Take home your own handmade herbal remedy



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West Berkeley Family Wellness Center  
1900 Sixth Street, Berkeley, CA 94710

Spaces are limited and fill up fast! To reserve your spot, call (510) 981-5350 or scan the QR code.



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