

Three R's of Health with Headway Health



Michael Meuth,
acupuncturist & herbalist

Learn how to use natural medicine in your everyday life to heal your body and brighten your mind.

In this workshop you will learn:

- How to make delicious “Anti-Stress” and “Peak Performance” tonic herb elixirs
- How to implement brain health strategies for focus and flow
- How to use simple stress technologies for optimal living

Register at budalibrary.org

Contact Martha at 512-295-5899

or martha@budalibrary.org

Buda Public Library

**Rescheduled
for May 21st**

2:00 - 3:30 pm