

# Long Beach Public Library Presents

Herbs are easy and nutritious plants to grow in any space.

Come for a fun workshop, and learn how to use them as a representative from the City of Long Beach Office of Sustainability demonstrates how to make your own natural ointments, tinctures and teas.

Alamitos Neighborhood Library  
1836 E. 3rd St.  
Long Beach, CA 90802

THURSDAY,  
APRIL 26, 2018  
2:30-3:30PM  
(INTENDED FOR ADULTS)



\*This workshop will be held in the upstairs Community Room.  
\*Ask a librarian for a release form for participation.

# Making Herbal Extracts

