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UNH Hosts Workshops on Women's Health and Herbal Medicine

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DURHAM, N.H. -- Deb Soule, founder of Avena Botanicals and the Avena Institute located in Rockland, Maine, will give two workshops on herbal medicine and women's health at the University of New Hampshire Wednesday, Feb. 12, 2003.

Soule will present "A Guide to Herbal Remedies" at the Women's Commission Networking Breakfast from 8:30 to 10 a.m. in the Oak Room. This presentation will give an overview of medicinal herbs with an emphasis on how to choose and use herbs for good health. Soule will sign copies of her books following the breakfast. Reservations are required. For more information please call 862-1058.

A workshop titled "Women's Health and Herbal Medicine" will focus on how herbs can be used to treat a variety of women's health concerns. The workshop will be held in Spaulding Hall Room G26 from 4 to 6:30 p.m. It is free and open to the public.

A gardener and wildcrafter, Soule founded the Avena Institute in 1996 as an herbal and healing arts teaching center. The Avena Institute offers programs primarily for women that promote health approaches emphasizing medicinal herbs, organic and biodynamic gardening, and a deeper understanding of the natural world.

The institute evolved from her vision of practicing and teaching herbal arts, which included the creation of the herbal apothecary, Avena Botanicals, in 1985, and the Avena Botanicals Public Medicinal Herb Gardens in 1997. She is the author of *The Roots of Healing: A Woman's Book of Herbs* and *Women and Herbs: Exploring Our Roots*.

Both events are programs of the Public Health and

Sustainability: Vital Signs of New Hampshire series sponsored by the UNH Office of Sustainability Programs, Health Services, the President's Commission on the Status of Women and the School of Health and Human Services. For more information about the series visit: http://www.sustainableunh.unh.edu/climate_ed/index.html or call the Office of Sustainability Programs at 862-4088.

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