



Austin Herb Society

## May Luncheon and Presentation

Tuesday May 2, 2023 brunch buffet starts 9:30, speaker 10:00

### Gayle Engels

Special Projects Director at American Botanical Council

## Healthy Living with Herbs

When does herbal health begin?

How do we optimize the healthy benefits of herbs?

What are some of the easiest herbs to grow and use in Central Texas?

These and other questions will be answered during this fun, light-hearted and educational presentation.



## Enjoy a Mediterranean Brunch

Tasty food with herbs and herbal beverages

omnivore, vegetarian, vegan and gluten-free options

Free & open to the public, **\*RSVP required by 4/25\*** to plan for food

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