

# Margaret Roberts Herbal Centre Est. 1982

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The Margaret Roberts Herbal Centre  
Invites you to an exciting 2020 year of events. Please save these dates on your calendar as lectures and special open days are not repeated.

We are open **EVERY** Wednesday and **FIRST SATURDAY** of the month from **8h30 – 4 pm**  
EXCEPT ONLY FOR January 2021 when our open Saturday falls on 9<sup>TH</sup> January  
Don't miss our exciting lectures held at 12 noon on the first Saturday of every month at the Margaret Roberts Herbal Centre Lecture Hall. Each lecture is listed below for 2020  
Please note **all** 12 lectures are completely **new** lectures!

We appreciate bookings to help us with catering, as well as preparation of printed notes for every lecture.  
An sms will be gratefully received on 071 161 6441

Teas and lunches are ongoing at the Restaurant from 9am until 3 pm.  
**PLEASE: NO** children, babies, pets, as these have proved to be distracting as the 1 ½ hour lecture is intense!  
Lecture starts 12 noon.

We hope you enjoy our lectures and all the Herbal Centre offers, and thank you for your support.

**Price R130.00 per person attending.**

**FOR FREQUENT VISITORS: Please ask for your loyalty card in the shop for frequent lectures**

## LECTURES FOR 2020

- **SAT. 1<sup>ST</sup> FEBRUARY – DIETS THE FOUNDATION** : Strengthening against dread disease and building the body with natural antibiotics.
- **SAT. 7<sup>TH</sup> MARCH – EMOTIONAL SYMPTOMS OF TISSUE SALT DEFICIENCIES** :
- Tissue Salt combination for daily use eg. Cancer, radiation, obesity, acidity, arthritis, stress and memory
- **SAT. 4<sup>TH</sup> APRIL – EASTER EGG TREASURE HUNT AND PLATE PAINTING** @ 10h00 for the whole family to enjoy @ R120 per person **BOOKINGS ESSENTIAL. Sms to 071 161 6441**  
**12 NOON – HOLIDAY TIME QUICK HEALTH** Quick natural fixes and Tissue Salt therapy to build vitality before winter starts.
- **SAT. 2<sup>ND</sup> MAY – PREPARING VITAL WINTER ANNUALS**: Preparing your winter garden for easy to grow vital winter annuals to form the foundation of your health.
- **SAT. 6<sup>TH</sup> JUNE – WINTER MEDICINE CHEST FROM YOUR GARDEN**: Simple and effective recipes for aches, pains, flu, arthritis, stiffness and circulation.
- **SAT. 4<sup>TH</sup> JULY – “DELICIOUS AND EASY HEALTH” COOKERY CLASS @ R200 per person**: Focusing on the pantry to boost health with warming herb drinks, seeds and spices... with lots of tasters!
- **SAT. 1<sup>ST</sup> AUGUST – COSMETIC MAKING FOR THE WHOLE FAMILY** : The skin herbs- for all skin types and ages with anti-aging recipes and testers @ R200 per person.
- **SAT. 5<sup>TH</sup> SEPTEMBER – ANNUAL LAVENDER FESTIVAL, this is a shoppers dream!**  
**12 NOON – COMPANION PLANTING AND NATURAL INSECTICIDES**: Good for the environment-good for you!.
- **SAT. 3<sup>RD</sup> OCTOBER – FAIRY TREASURE HUNT @ BOOKING ESSENTIAL via sms 071 161 6441**  
**12 NOON - TEA FOR HEALTHY LIVING** using and exploring Edible and Medicinal flowers.  
An ideal tea tasting experience for the whole family to enjoy. Don't miss it!
- **SAT. 7<sup>TH</sup> NOVEMBER – ELECTRO-MAGNETIC POLLUTION** and building health and resistance against it with simple and effective ways of protecting your body and home with Herbs and Tissue salts
- **SAT. 1<sup>ST</sup> DECEMBER – CHRISTMAS FAIR**
- **12 NOON MAKING YOUR OWN ESSENTIAL OILS AND HOW TO USE THEM** with recipes and ailment chart. This is an exciting fragrant healing class for the whole family.
- **WEDNESDAY 16<sup>TH</sup> DECEMBER – PUBLIC HOLIDAY** Open from 8h30 – 4pm.
- **WEDNESDAY 23<sup>RD</sup> DECEMBER – LAST MINUTE CHRISTMAS SHOPPING AND CHRISTMAS LUNCH** – R250 per person - This includes a Christmas buffet lunch with dessert. R100 for children under 12. **BOOKINGS ESSENTIAL** come and enjoy a lovely day with us for your last minute shopping before we close for the festive season and re-open on the 6<sup>th</sup> of January 2021.

**WE WILL BE CLOSED FROM THURSDAY 24<sup>TH</sup> DECEMBER AND RE-OPEN WEDNESDAY 6<sup>TH</sup> JANUARY 2021.**

- **9 JANUARY 2021 – FIRST OPEN SATURDAY FOR 2021 – SUSTAINABILITY FROM THE GARDEN – looking at the year ahead on a budget. Including foraging and preserving using basic ingredients from the garden.**

The office is open every day from 8 am to 1 pm for telephonic queries and orders.  
Visit our online shop now at [www.margaretroberts.co.za](http://www.margaretroberts.co.za) or call us for more information on  
071 161 6441