

Margaret Roberts Herbal (Pty Ltd)

P.O. Box 41
De Wildt, 0251, North West Province
Email: margaretroberts@lantic.net
Website: www.margaretroberts.co.za
Cell: 071 161 6441
Tel: 012 001 4142



The Margaret Roberts Herbal Centre invites you to an exciting 2024 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 the **FIRST SATURDAY** of the month from **8h30 – 4 pm**
Except for January 2024, which will be Wednesday 10th January and Saturday 13th January 2024

Lectures are **ONLY** on the first Saturdays of every month (a reminder - excluding January 2024 which falls on Sat 13th Jan and Sat 11th Jan 2025) **@12 noon** or by prior booking.

Each lecture is listed below for 2024

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.

A SMS or whatsapp 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 on Saturdays

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

Price R150.00 per person attending. (Please note the price increase after 1 year) Unless specified with creating your own (additional) product.

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

LECTURES FOR 2024

- **SAT. 13th JAN - KICKING BAD HABITS AND ADDICTIONS;** incl. smoking
- **SAT. 3rd FEB - PERFUME WORKSHOP Module 1;** Feeling good with fragrance, natural deodorizers and healing the body through scents. **R250 pp** – this is hands on workshop making your own natural deodorizer with herbs and essential oils.
- **SAT. 2nd MAR - PERFUME WORKSHOP Module 2;** Magnifying fragrance with crystals. **R250 pp** – this is a hands-on workshop making your own roll-on fragrant healing oil. Based on an ancient process working with herbs, essential oils and crystals, only 38 seats available.
- **SAT. 6th APRIL - HERBS AND FOODS RICH IN TISSUE SALTS;** How to plan optimal health and avoid tissue salt deficiencies with easy, inexpensive recipes.
- **SAT. 4th MAY - COOKERY CLASS;** Which herbs to use in which dishes? Blending your own herbal shaker for home use. **R250 pp class starts at 9:30 am – 12:00** (loads of tasters – this is a class you don't want to miss)
- **SAT. 1st JUNE - PLANNING SPRING GARDENS WITH MULCHING, COMPOSTING, SEEDLINGS AND PRUNING;** the basics before spring, tips and recipes incl.
- **SAT. 6th JULY - MAKING YOUR OWN COUGH AND FLU MEDICINES USING HERBS FROM THE GARDEN;** no additives or preservatives, recipes incl. - only the good and natural.
- **SAT. 3rd AUGUST - TOXICITY AND LIVER OVERLOAD;** Removing toxicity from the body naturally and building a healthy liver.
- **SAT. 7th SEPTEMBER - ANNUAL LAVENDER FESTIVAL AND PLANNING YOUR EDIBLE SELF-SUSTAINABLE FOOD GARDEN;** using the smallest space.
- **SAT. 5th OCTOBER - 12 NOON – ARTHRITIS, PSORIASIS AND HIGH ACIDITY;** How to deal with high stress and pain.
- **SAT. 5th OCTOBER - FAIRY TREASURE HUNT;** There will be three groups going out for the hunt. Please book in advance because space is limited. (9:00, 10:00 and 11:00) **R200 pp**. Dress as your favourite fairy or pixie. A fairy Birthday can also be arranged at additional costs. You will collect miniature fairy pieces as you go along the treasure hunt and at the end you will build your own fairy garden to take home with you. (While you have ice tea and fairy cupcake).
- **SAT. 2nd NOVEMBER – THE HORMONE DILEMMA - MENOPAUSE NATURALLY;** With helpful herbs and diet to ease the way.
- **SAT. 7th DECEMBER - PLANNING HEALTHY GUT;** Maintaining excellent digestive system over the festive season. This includes dealing with constipation and discomfort.
- **WED 18th DECEMBER - CHRISTMAS LUNCH;** **R250 per person - This includes a Christmas buffet lunch with dessert. R150 for children under 10. BOOKINGS IS 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 11th of January 2025

WE WILL BE CLOSED FROM
THURSDAY 20th DECEMBER 2024
AND RE-OPEN WEDNESDAY 8th JANUARY 2025
&
11th JANUARY 2025 - FIRST OPEN SATURDAY
FOR 2025 - FOR ALL TO ENJOY!

The office is open Monday to Friday from
8 am to 1 pm for telephonic queries and orders.

Visit our online shop now at
www.margaretroberts.co.za or call us for more
information on **071 161 6441**