



HERMITAGE FARM  
CENTER FOR HEALING

6415 West River Road NW  
Rochester, MN 55901  
(507) 272-2528  
[www.hermitagefarm.org](http://www.hermitagefarm.org)

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## Wednesday Energy Wisdom Circle

### *Perennial Herbal Plants*

Grow your own herbal plants for making your own medicine, first aid, use in cooking, make tea, contribute to the health of Mother Nature and support your Immune System!

*Date: March 19, 2025*

Time: 6:45 pm arrival, Class 7:00-8:30 pm

Location: Hermitage Farm Center for Healing

Donation: \$20.00 at the door (Cash preferred)

No pre-registration needed!

***ALL ARE WELCOME!!***

Dr Gail Van Kanegan, DNP, FNP, EEM-AP, ARF-CP,  
Reiki Master

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