

Mark Your Calendar Now!
Free Lecture Sponsored by Brighter Day & Gaia Herbs!

**An Herbal Evening with Mary Bove, N.D. -
Naturopathic Physician, Herbalist, and Author**

Tuesday, September 26, 7 p.m., Coastal Georgia Ctr



"I can't walk through the woods without every plant speaking to me. They have an energetic pull," says Dr. Bove.

One of the pioneers in the herbal resurgence that began in the 1970's, she has more than 40 years of herbal experience and 25 years of work as a naturopathic physician and midwife. She is currently Director of Medical Education at Gaia Herbs.

More About Our Speaker:

Dr. Bove first owned an herbal apothecary in her home state of Maine, then trained in naturopathy, both in the U.S. and Great Britain. She is a graduate of Bastyr College of Natural Health Sciences in Seattle, Washington, where she served as a full-time faculty member and chaired the departments of Botanical Medicine and Naturopathic Midwifery. She later had a clinical practice in rural Vermont. She is the author of *An Encyclopedia of Natural Healing for Children and Infants*, and co-author of *Herbs for Women's Health*.

"Walk your talk, believe in the plants and practice herbalism every day in your life." – Dr. Mary Bove

**Contact Brighter Day for reservations or info:
912-920-3510/info@brighterdayfoods.com**