

SELF-CARE LEAGUE WEBINAR SCHEDULE 2021

DECEMBER 3 2020	Mrs. Donna Kerridge – New Zealand Indigenous Self-Care, A New Zealand Maori Perspective
JANUARY 7, 2021	Dr. Martha Libster Stepping Into Purpose: Welcoming a Healthy Happy New Year with Plant Partners
FEBRUARY 4, 2021	Mr. Fred Morsell Presenting Mr. Frederick Douglass’ “The Self-Made Man”
MARCH 4, 2021	Ms. Pamela Faye Wild Spring Greens
APRIL 1, 2021	Dr. Helen Erickson A Science and Art of Entering the World View of Others
MAY 6, 2021	Ms. Julia Graves Plant Patterns and the Elemental Signature
JUNE 3, 2021	Ms. Janet Juricic A New Badge for Scouts - Precision Self-care with Plants for Children
JULY 1, 2021	Dr. Martha Libster Plant Partners in Parenting Children with Disruptive Behaviors
AUGUST 5, 2021	Mr. Sagar Shenvi – Ananda Worldwide Cultivating Peace of Mind with Patanjali’s 8 Limbs Ashtanga Yoga Principles
SEPTEMBER 2, 2021	Dr. Julie Smith Taylor Balancing Yin Deficiency with Lifestyle, Diet, and Plants
OCTOBER 7, 2021	Dr. Martha Libster Making Memories, Herb Feasts and Holiday Beverages
NOVEMBER 4, 2021	Ms. Anne Walters The Best Comfort Soups with the Self-care League’s Soup Gramma
DECEMBER 2, 2021	Dr. Martha Libster Gentle Medicine for Sweet Dreams and Sound Sleep