



**City of Glendale
Community Services and Parks Department
Trails and Open Space Program**

“Medicinal Plants of the West” Hike with Discussion

Snacks and drinks
will be served

This event is FREE!
Space is limited
You must call us at
(818) 548-3795 to
reserve your place

Wear sturdy shoes,
long pants, and a
long sleeved shirt

Bring sunscreen,
water and a hat



Calif jimson weed



California Elderberry



Black sage

Saturday, September 7, 2019

9:00 A.M. - Noon

Deukmejian Wilderness Park

3429 Markridge Rd, Glendale, CA 91214

This hike will be led by Dr. James Adams from the USC School of Pharmacy and Coauthor of “Healing with Medicinal Plants of the West—Cultural and Scientific Basis for Their Use”.

Topics to be discussed on the trail include: ways that the Chumash Indians use native plants as medicine; the role these plants play in everyday healthcare; and tips on where to purchase and how to grow your own medicinal plants.

The hike starts at 9:00 a.m. (sharp). We will be on a moderately steep trail with uneven footing. There will be several stops to discuss the plants and their medicinal uses.

This event is FREE!!! But space is limited, so you must call us at (818) 548-3795 to reserve your place.

Հայերեն տեղեկությունների համար զանգահարել

հետևյալ հեռախոսահամարով (818) 548-2000

Para información en español, llame a (818) 548-2000

Sponsored By:
**GLENDALEPARKS &
OPENSPACE
FOUNDATION**



**REASONABLE ACCOMMODATIONS WILL BE MADE UPON REQUEST.
PLEASE NOTIFY US WITHIN 72 HRS PRIOR TO EVENT DATE.**