



**Tai Sophia  
Institute**

**For Immediate Release**

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## **Annual Herbal Medicine Show at Tai Sophia Institute March 13**

*Explore Amazing Herbs and Meet Herbal Student Interns*

**March 6, 2012 (Laurel, MD)** – Tai Sophia Institute ([www.tai.edu](http://www.tai.edu)), an accredited graduate school for health and wellness, will host its annual **Herbal Medicine Show** on **Tuesday, March 13** from **4:30 p.m. – 6:30 p.m.** The **FREE** event, offered by Tai Sophia Institute Master of Science in Herbal Medicine student interns, features free samples and helpful information on how herbs can support health and wellness. Visitors to the show can:

- Learn how to add healthful herbs to everyday meals
- Meet student clinic interns, ask questions, and schedule a personalized herbal medicine consultation
- Take home free goodie bags (with healing salves, teas, lip balms, bath salts, throat sprays, and more)
- Win raffle prizes featuring gift baskets of hand-made herbal preparations and foods
- Participate in more than a dozen interactive displays, including:
  - Self-care and the Seasons
  - Seasonal Immunity
  - Digestive Health and the Mind
  - Circadian Rhythms and Sleep
  - Elements in Nature
  - Seasonal Nutrition
  - Pain Management
  - Sexual Health and Vitality
  - The Wellness Imaginarium

**WHEN:** **Tuesday, March 13, 4:30 p.m. – 6:30 p.m**

**WHERE:** **Tai Sophia Institute, 7750 Montpelier Road, Laurel, MD 20723**

**INFO:** Treat your senses to the tastes, scents, and textures of a wide variety of herbal cordials, elixirs, tinctures, salves, and foods. Learn about all of Tai Sophia Institute's herbal resources, including how you can bring herbal



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wisdom and wellness to your family and community with our [Master of Science in Therapeutic Herbalism](#) program, graduate certificates in [Herbal Studies](#) and [Medical Herbalism](#), and [clinical services](#).

#### **ABOUT TAI SOPHIA INSTITUTE**

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>), is a private, nonprofit, academic institution for health and wellness education. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate certificate and degree programs in a wide range of health and wellness topics, as well as individual academic courses, community workshops, and continuing professional education programs. The Institute's 12-acre main campus in Laurel, Maryland, also houses a clinic, a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

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