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Continuing Nursing Education  
100 Saint Anselm Drive  
Manchester, NH 03102-1310

603 641-7086  
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SAINT ANSELM  
COLLEGE

CONTINUING NURSING EDUCATION



## *Botanical Support for Stress, Energy, Mood, Sleep & Brain Health*

Thursday, March 22, 2018

8:30 am – 3 pm

Gadbois Hall, Saint Anselm College

Contact Hours: 5 Fee: \$109

**Faculty: Maria Noel Groves, RH**

*An introduction to safe and effective medicinal herbs that help you deal with stress more effectively, attain calm energy, boost the mood, improve sleep, and kick up cognition, memory, and focus. Learn how to choose the best herbs for your personal needs, whether you're navigating the supplement aisles or growing and making your own remedies from the garden.*

*All levels of experience welcome.*

[Register Online](#)



Saint Anselm College Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Credentialing Center's Commission on Accreditation

**Register by:**

**MAIL:** Saint Anselm College  
Continuing Nursing Education  
100 Saint Anselm Drive #1745  
Manchester, NH 03102-1310

**FAX:** 603 641-7089  
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**PHONE:** 603 641-7086  
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*Botanical Support for Stress, Energy, Mood, Sleep & Brain Health*

*Thursday, March 22, 2018*

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