



**Tai Sophia  
Institute**

**For Immediate Release**

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## **Tai Sophia to Host FREE Fall Herb Show: Health Starts at Home**

**October 8, 2010 (Laurel, MD)** – Tai Sophia Institute will host its first ever **Fall Herb Show “Health Starts at Home,”** on **Saturday, October 23** from 4:00 p.m. – 5:30 p.m. The **FREE** event, offered by Tai Sophia Herbal Studies graduate students and faculty, will feature herbal preparations for personal and family care at the following interactive exhibits:

- Supporting Brain Health
- A Day at the Spa
- Easing the Aging Process
- Mama Care
- Autumn Health
- Stress Reduction
- Healthy Pregnancy
- Fruits and Flowers
- Herbs of the Sea
- Supporting Our Elders

**WHEN:**           **Saturday, October 23, 4:00 – 5:30 p.m.**

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

**INFO:**           Be empowered to care for your own health and the health of loved ones in new and unexpected ways. Eat delicious health-supportive foods. Sample lotions, salves, and other herbal preparations. Experience the valuable gifts that nature has to offer.

**Tai Sophia Institute** is a nonprofit, accredited educational institution for wellness-based studies. The Institute offers the nation’s first and only Master of Science in Herbal Medicine as well as new 9-month Herbal Studies and Medical Herbalism graduate certificate programs. Tai Sophia’s 12-acre main campus houses the Natural Care Center – which offers nutrition counseling, herbal consultations, and more, as well as the Meeting Point bookstore, a library, an art gallery and herb and meditation gardens – all of which are open to the public.

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Tai Sophia Institute • 7750 Montpelier Road • Laurel, MD 20723

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