

## 2024 WILD MEDICINE CONFERENCE WORKSHOP SCHEDULE

### PRE-CONFERENCE PROGRAM

THURSDAY, MAY 30	
4:00pm-6:00pm	Pre-Conference Program Check-in @ Stough Lodge
6:30pm-7:30pm	Dinner Served
8:00pm-10:00pm	Tea Party & Herbal Trivia
FRIDAY, MAY 31	
8:00am-9:15am	Special Check-in for Intensive Participants Only
8:00am-9:00am	Breakfast Served
9:30am-12:30pm	Wild Medicine Intensive with Matthew Wood
12:30pm-1:30pm	Lunch Served

### WEEKEND CONFERENCE PROGRAM

FRIDAY, MAY 31	
12:30pm-6:30pm	Standard Conference Check-in @ Stough Lodge
2:30pm-4:00pm	The Wild Soul: Weaving Your Unique Mythic Medicine (Joanna & Trevor Mann)
2:30pm-4:00pm	Crop Talk: Turmeric & Wild Mountain Mint (Dr. Rao Mentreddy)
4:30pm-6:00pm	Little Known Medicinal Plants of the Southeastern US (David Winston)
4:30pm-6:00pm	Foraging 101: Safety, Ethics, & Beyond (Jesse Akozbek)
6:30pm-7:30pm	Dinner Served
8:00pm-10:00pm	Keynote: The Spirit of Herbal Medicine Keynote (Matthew Wood & Phyllis D. Light, MS)

SATURDAY, JUNE 1	
8:00am-9:00am	Breakfast Served
9:15am-10:45am	Adaptogens: Herbs for Strength, Stamina & Stress Relief (David Winston)
9:15am-10:45am	Rocks & Stones in Folk Medicine (Phyllis D. Light, MS)
11:00am-12:30pm	Herbal First Aid (Matthew Wood)
11:00am-12:30pm	Healing Ways of Clay, Mud, Smudges & Oils (Lisa Bedner, RN)
12:30pm-1:30pm	Lunch Served + Free Time
2:30pm-4:00pm	Wild Medicine Plant Walk (Phyllis D. Light, MS & David Winston)
2:30pm-4:00pm	Wild Weeds for Wild Mucous (Lisa Bedner, RN)
2:30pm-4:00pm	Medicinal Mushrooms: Fungi-Supported Health and Wellness (Michelle Rigling, PhD)
4:30pm-6:00pm	Scouting, Identifying & Utilizing Medicinal Trees (Jesse Akozbek)
4:30pm-6:00pm	Wild Gardening: Medicine for the Earth (Joanna & Trevor Mann)
4:30pm-6:00pm	Psychoactive Mushrooms: Sacred Journeys & Mystical Experiences (Michelle Rigling, PhD)
6:30pm-7:30pm	Dinner Served
8:00pm-10:00pm	Mycelium Mingle: Community Fire, Book Signing Event, and Herbal Elixirs

SUNDAY, JUNE 2	
8:00am-9:00am	Breakfast Served
9:30am-11:30am	Finding Your Place in the Healing Community (Phyllis D. Light, MS) Closing Remarks and Giveaways (Michelle Rigling, PhD)

\*Schedule subject to changes without notice

\*\*Conference ends at 12:00pm central time.