

Seven-day intensive Training Seminar in
Natural Healthcare
March 2019, Kabongezo village, Mityana District



Dates: 25 – 31 March 2019

Location: Chosen Farm, Kabongezo village, Mityana District.

Participants from far are asked to arrive on the evening of Sunday 24 March.

Organiser: Vumbula Masaka, on behalf of Discover e.V., Germany.

Facilitators: Rehema Namyalo, Nakamatte Evelyn, secondary school headteacher in Kirimya and Kyambadde Andrew, herbalist and farmer in Kabongezo.

Cost: 250 Euro, £225 or 1 million Uganda Shillings. This fee includes food and accommodation and all seminar materials.

Course content:

- Organic gardening, soil fertility and the creation of a productive garden.
- Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
- Preparation of natural medicines from locally available medicinal plants: herbal teas, medicinal soaps, oils and ointments, tinctures, cough mixtures and syrups.
- The use of natural medicines for treating and helping a wide range of health problems including malaria, diarrhoea, wounds and HIV/AIDS.
- Nutrition.
- Hygiene.
- Construction of simple devices that contribute to health and hygiene such as a charcoal fridge, fuel efficient stoves, black stones, a solar oven, a solar drier and tippy-taps.
- Income generating activities such as liquid soap, making bagiya, candles and chalk.
- Healing massage.

Register with:

- Rehema Namyalo, Email r_namyalo@yahoo.com, phone 0702 493 186 or 0772 493 186, or
- Dr Keith Lindsey, Email Keith@discover-src.net, phone +49 1523 439 0386.

Once your registration is confirmed, please pay the entire fee by 14 March 2019. That is, either 1 million UGX to Rehema Namyalo in Uganda or £225 or 250€ to Keith Lindsey in Germany.



Following training seminars, many people become very active. Look for example at the number of products these two women now make in Kaboyo.