

Six-day intensive Training Seminar in
“Self-reliance in health and welfare”
9 – 14 March 2020, Luweero, Uganda
(Arrival on the 8th, departure the 15th)



Organised by Rehema Namyalo of Vumbula Masaka with William and Anna Mwesigye of Wilan Model Farm in Bukisu LC1, Luweero.

The course content includes:



Rehema Namyalo, lead trainer, experienced herbal practitioner, organic gardener and masseur.

- Organic gardening, soil fertility, the creation of a productive garden and natural pest and disease management.
- Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
- *Artemisia annua* for malaria and other diseases.
- Preparation of natural medicines from locally available medicinal plants: herbal teas, soaps, oils and ointments, tinctures, cough mixtures and syrups.
- The use of these natural medicines for helping a wide range of health problems including malaria, diarrhoea, wounds and HIV/AIDS.
- Production, value addition and marketing of herbal teas, tinctures and ointments.
- Nutrition and 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.

- Banana management, modern methods of growing cassava and beans and local chicken keeping.

[Click here](#) to see photographs of the seminar held in Kabongezo Village, Uganda, in March last year.

Register with Rehema in Uganda or Keith in Germany:

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

Cost: 300 Euro, £275 or 1 million Uganda Shillings. This fee includes food and accommodation and all seminar materials including seedlings, booklets, a poster and natural health products.

Once your registration is confirmed, please pay the entire fee by 28 February 2020. That is, either one million UGX to Rehema Namyalo or £275 or 300€ to Discover e.V. in UK or Germany.



William and Anna Mwesigye in Luweero have experience of producing and marketing natural medicines and using them to treat a range of medical problems.