

## SENIORS IN GREEN ACTION

### ERASMUS+ KA2 PROJECT

### NEWSLETTER ISSUE 3

## HOME HERBAL PHARMACY

As part of the SIGA project, we successfully executed an educational initiative, a pilot course titled "Home Herbal pharmacy" for individuals over the age of 54, emphasizing the utilization of medicinal plants and the significance of conserving their natural habitats. Participants acquired new knowledge and skills pertaining to herbal remedies while enhancing their awareness of environmental protection and sustainability. They engaged actively with the community and spent quality time in nature. Participants gained valuable insights into medicinal plants while fostering a sense of responsibility for safeguarding the natural environment.

## DEVELOPMENT OF PRODUCTS/REMEDIES

In the 40-hour program, participants developed a diverse array of products for their own "home herbal pharmacy," including tinctures, syrups, herbal teas and blends, oil macerates, and salves. These outcomes were attained through practical, hands-on activities, enabling participants to acquire valuable skills for independently creating these products. They also learned to select appropriate packaging and were introduced to the essential tools required for preparing salves, tinctures, and oil macerates. The program equipped them with the confidence and expertise necessary to continue utilizing and producing these natural remedies at home.

## PILOT PROGRAM

The Home Herbal pharmacy program was implemented in five partner countries: Croatia, Italy, Slovenia, Spain, and Cyprus. Sixty participants, aged 54 and older, from these countries engaged in a variety of indoor and outdoor activities. Expert-led outdoor excursions provided participants with insights into wild plants, their habitats, and their ecological significance.



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