



FRI: JUNE 26, 11-12:30 PST **PLANTAS, VELAS,** **Y RITUALES**

MALCS ZOOM SERIES

Join Dr. Pacheco as she shares ancestral healing traditions to support us in these difficult times. Drawing from her practice in curanderismo, she will share how you can prepare healing foods and drinks using ingredients you already have at home. She will also share how to create practices to support your spirit. This will be an interactive session with plenty of time to ask questions and share with one another.



**MALCS Health
and Wellness**

ZOOM Event

**Learn how to
make shifts in
your daily life to
support your
emotional,
spiritual, and
physical health.**

Register

<https://www.malcs.org>

Questions: email

membership@malcs.org

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