

2009/2010  
HANS Membership Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Membership \$ 25.00

Renew  New

Practitioner Membership \$100.00

Renew  New

HANS gratefully accepts donations from individuals or corporations

Donation Enclosed

Make cheques or money orders payable to HANS/Herbalist Association of Nova Scotia

**Contact:**

Herbalist Association of Nova Scotia

admin@herbalns.org

website: [www.herbalns.org](http://www.herbalns.org)

or c/o John Cummings  
Treasurer  
5546 Black Street  
Halifax, NS  
B3B 1P9

(902) 444-9812



The Herbalist Association of Nova Scotia (HANS) is a non-profit organization that promotes the knowledge, acceptance and practice of herbalism through education, networking, and the celebration of plants.



## A Brief History of HANS

In 2002 the Herbalist Association of Nova Scotia or HANS was formed by a group of herbalists and herbal students who came together seeking a way to build a stronger community of herbal minded people in Nova Scotia. Since that time HANS has offered a variety of events and celebrations towards that goal. Each year we host the Herb Fair combined with our AGM. This event includes workshops, a market place, and a meeting place for our community. We host plant circles, professional development seminars and other fundraisers. We now operate a website and listserv to aid in informing our members about these wonderful events. There are four established committees that provide an excellent opportunity for those wishing to get involved with the organization on a more consistent basis. We truly hope you consider membership with HANS to enjoy all that we offer.

## HANS Objectives

- To promote the value, skill and appropriate use of plants as medicine
- To promote locally grown herbs and herbal products
- To promote ethical medicinal plant wildcrafting practices and the protection of endangered medicinal plants
- To network with other health groups and practitioners in Nova Scotia and beyond
- To promote communication and connections among members

- To provide basic skills training offered to the public in different locations in Nova Scotia
- To have herbal medicine be a recognized health profession in Nova Scotia
- To increase our visibility among the general public
- To have professional standards for practitioner members

## About Herbal Medicine

- ❖ Herbal medicine is the traditional medicine of all cultures and is the oldest form of medicine known
- ❖ Herbal medicine is still used by over 80% of the world's population
- ❖ Modern science continues to validate many traditional uses of plant-based medicine
- ❖ Herbs that are used in their whole form rarely produce side effects when used properly
- ❖ Herbs are effective when used in primary and preventative health care, and also for chronic health conditions
- ❖ Herbal medicine can be safe and effective when used in combination with other healing practices

## Volunteering with HANS

I am interested in volunteering with HANS in the following way:

- Communications/Membership/Marketing Committee
- Politics/Standards Committee
- Education/Events/Fundraising Committee
- Herb Fair Committee
- Volunteer pool (poster distributions, mailouts, etc.)
- Other \_\_\_\_\_

I would like to suggest that HANS consider being active in the following areas or activities:

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Any other comments?

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