(only offer wild tea if you already have some picked, as it is difficult to pick teas in the winter! Labrador tea, raspberry leaf tea, cranberry leaf tea and bearberry / kinnikinnik tea are all nice, mild teas with amazing healing properties. If you have no wild teas picked, then just offer black tea, green tea and herbal teas listed in the poster).

To all Staff:

January 12th is national Hot Tea day. Did you know there are many benefits to drinking teas? Many of the plants that grow in the forest can be dried and made into teas. Come and join us in the Health and Social office on Thursday January 12th at 2:30 pm for Tea time. We will have a selection of teas available – both Yukon wild tea and store bought tea.

Attached to this email is a poster of 15 common teas and their health benefits.

Cheers!