

ESSENTIAL OILS 101

FRIDAY, NOVEMBER 17 • 1 P.M.

Essential oils are growing in popularity, but few people truly understand how to properly use them to improve overall health and wellness. Attend this lecture to be introduced to key essential oils that could have a positive effect on your life.

Learn how essential oils can help:

- Comfort and relax
- Cleanse and purify
- Promote healthy cell function and metabolism
- Protect against oxidative stress
- Sooth anxious feelings, mind and body
- Promote mental alertness
- Minimize the effects of seasonal changes
- Promote restful sleep
- Increase focus and alertness
- Reduce stress
- Improve mood, vitality and energy

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Registration is kindly requested by calling 815-230-8700
or visiting www.AldenCourtsOfShorewood.com/Oil