

De-Stress with Aromatherapy



Thursday, November 16

6:30 – 8:00 p.m.

Learn how essential oils can help reduce stress and bring a sense of calm into your life. You'll experience several different scents and even make your own essential oil blend to use at home.

Cost is \$30
(includes oil blend)

Class by Jen Strating, Biofeedback Therapist and Yoga Teacher
At Wholeness Center 2620 East Prospect Road, Suite #190 Fort Collins, CO

Register in advance at 970-221-1106



Wholeness Center