



# Essential Oils 101

Live Well Naturally

November 1st | 6:00 pm

Essential oils are a simple way to add more joy and health to your life. In this free class with wellness coach & doTERRA essential oil leader, Jenni Hulburt, you'll learn how to boost immunity, improve mental focus & support mood with nature. Class includes handouts, sampling of essential oils, & you'll learn about 10 common essential oils for every day holistic health.

## Essential Oils 202

November 1st | 3:30 pm

So you have essential oils... now what?

Join us for a free workshop on how to make roll-ons for topical use, sprays for a healthy home and personal care, and you'll create a personal wellness plan to guide your use of oils!

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