



# Healthy Lifestyles

*Better living through essential oils*

Tuesday, October 28, 2014

7 to 8:30 p.m.

The Cottage of Possibilities

Amherst NH 03031

Did you know essential oils can be used to manage common ailments and illnesses, relieve pain, promote clarity, help you sleep more peacefully, lessen snoring, and even boost your immune system?

Learn how to incorporate therapeutic grade essential oils into your entire life – even your cooking and house cleaning – in this fun, FREE, interactive workshop!

Participants will leave smelling like a rose. Or maybe ginger. Or perhaps lemon, lavender, frankincense, geranium, peppermint, cedarwood, tangerine or any of a dozen more soothing or tantalizing fragrances!

*Skeptics most welcome!*



If you'd like to explore natural approaches to health care, cleaning, or general hygiene, and make some healthy lifestyle changes, please contact Kathleen Veth ([Kathleen.Veth@comcast.net](mailto:Kathleen.Veth@comcast.net) or 978.256.9391) to reserve a spot for, and get directions to, this fun, fabulous, FREE presentation. Plenty of healthy refreshments, lots of laughs, and loads of interesting information.