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# Essential Oils for Home Health

Join us for basic overview about the safe and efficient use of essential oils. In this interactive course, you will learn how to choose the best essential oil brands, how to store your essential oils, several great ways to use essential oils in your life, and the ten most versatile essential oils for your home medicine cabinet. In addition, you will blend essential oils to make your very own aromatherapy product that you will take with you!

**DRP.361 Saturday, July 28th 10:00 am—12:00 pm**

**DRP.134 Saturday, August 25th 10:00 am—12:00 pm**

**Ages 16+**

**\$20**

**Location: Central High School Rosenwald Room**

**Instructor: Jessica Norris, Do Bead Dooby Doo**

**Aromatherapy and Wellness Resources**



Registration required at least one week prior to the start of class.

For more information, please contact Parks and Recreation at 804-556-5854.

