

First Aide

With Essential Oils and Reflexology

Learn how to use basic Reflexology techniques and Essential Oils as your first defense against many common ailments including:

- Headaches
- Motion Sickness
- Intestinal problems
- Shoulder and Neck Stress
- Colds, Bronchitis
- Sinus problems
- Insomnia
- and More

Date: Wednesday, July 30th Time: 6:30-8:00 PM

Location : Linganore Counseling and Wellness
164 W. Main St., Suite D
New Market, MD 21774

Workshop Fee: \$15 if paid before 7/30
\$20 Night of Workshop

Checks may be sent to:
Michele Sterner
10915 Fingerboard Rd.
Monrovia, MD 21770

Pre-registration Required- To Pre-register or for more information, email or call 301-305-2257

Hope you can join us!

Feel free to pass this on to a friend.