



## ESSENTIAL OILS WORKSHOP

SATURDAY, JANUARY 24<sup>TH</sup> FROM 9-11:00 AM

AT THE ABUNDANT WELLNESS CENTER

325 JOHN KNOX ROAD, BLDG T, SUITE 1

FOR DIRECTIONS GO TO:

[HTTP://WWW.AWC-TALLAHASSEE.COM/INDEX.HTM](http://www.awc-tallahassee.com/index.htm)

HANDS-ON LEARNING AND SHARING!

THIS EDUCATIONAL WORKSHOP WILL GIVE FDA COMPLIANT GUIDANCE ON APPLYING, DIFFUSING AND INGESTING ESSENTIAL OILS TO ENHANCE AND SUPPORT YOUR BODY INSIDE AND OUT.

REPLACE TOXIC CHEMICALS WITH SAFE PLANT-BASED SOLUTIONS THAT COST A FRACTION OF COMMERCIAL PRODUCTS.

ENJOY THE BENEFITS OF COOKING AND BAKING WITH ESSENTIAL OILS.

YOU CAN MAKE POSITIVE CHANGES TO YOUR HEALTH AND YOUR HOME AND YOUR WALLET WITH A FEW SIMPLE ESSENTIAL OILS AND A HANDFUL OF RECIPES.

YOU'LL MAKE BODY/LINEN MISTS TO TAKE HOME USING YOUR FAVORITE EVERYDAY ESSENTIAL OIL. WE'LL SAMPLE REFRESHMENTS ENHANCED WITH ESSENTIAL OILS.

RESERVE YOUR SPOT NOW AND SAVE \$5.00 OR RESERVE TWO SPOTS AND SAVE \$10 AND BRING A FRIEND. IT WILL BE \$15 FOR EVERYONE ELSE! CALL MARY JANE BROWER 545-5777 OR EMAIL [DERRYDOT@AOL.COM](mailto:DERRYDOT@AOL.COM) OR SIGN UP AT

<https://eventbrite.com/event/15282958741/>

