



Stress Less with Essential Oils

A {DIY} Workshop

Tuesday, Feb. 20th @ 6:30 PM

Learn the foundational essential oils and practices for naturally supporting women's health, including stress, sleep, hormone production, and hormonal balance throughout the month and during all stages of life. You will make and take a custom essential oil blend made with powerhouse oils for women's health and reducing stress in our modern world!

Presented by:

Perkiomen Valley Library
290 2nd Street, Schwenksville, PA 19473



With Megan Koppel

Cost: \$5 for DIY Materials

Say you'll be there! Register at the Front Desk in person or by calling (610) 287-8360.