

Essential Oil Classes in the Park

Class Schedule:

May

15th-Slim & Sassy & Weight Management

22nd- All About **ENERGY**

29th Essential Oils vs. Antibiotics

June

5th-All Natural Remedies ***That Really Work!***

12th-Traveling & Summer Fun With The Oils

19th-Natural Relief From Allergies

22nd-3 Mandatory Oils

29th-Best Essential Oils For Fatigue & Stress

July

17th-Oils For Your Little Ones

24th-Cooking & Baking With Essential Oils

31st-Family Physician Kit With The Oils

August

7th-Using The Oils For A Healthy & Happy Gut

14th-Woman's Health & The Oils

21st-Clear & Beautiful Skin

28th-Using the Oils In EVERY DAY Life

*Bring a healthy snack or dish to share for a potluck after the class. All classes are at 10am.

Classes are located at the park pavilion next to Orem Recreational Center across from the tennis courts. On rainy days classes will be held in the play area at University Mall.

Other Classes this summer at Sarah's home:

May 18th 5pm~DIY Household Cleaners

June 9th@ 7pm~DIY Air Freshener

June 23rd @7pm~Summer Fun with the Oils

July 21st @7pm~Home Essentials -Oils for every day-

July 28th @ 7pm~Healthy Gut with the oils

August 11th @ 7pm~Pain Management with the oils

August 25th @ 7pm~Best Essential Oils for Fatigue & Stress

Contact Sarah for details (801) 735-9747 www.happyhealthyblessed.com
sarah@happyhealthyblessed.com

