



**LIVINGSTON
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

Stay Healthy during the Winter with **Essential Oils**



Aaa-chew! Are you constantly grabbing tissues? No one has time for sickness to slow them down! Learn how you can easily incorporate the benefits of therapeutic essential oils into your busy lifestyle to achieve the health you need this winter. We will discuss which essential oils are safe for children and pets. And which essential oils are most effective to support a healthy immune system, tackle tummy troubles, and release all stress and tension.

**Monday
January 14, 2019
7:30 pm
Senior/Community Center
204 Hillside Ave
Lower Lobby
FREE
Pre-Registration is required.**



jenn forino
PLUSOILS FOUNDER

Jenn lives in Verona, NJ and is a mom of three young children. She has been using Young Living products since 2010. Jenn's passion to learn about health launched her to teach wellness education classes in her community. She is also founder of plusoils.com, which inspires a practical & modern twist to essential oils. Jenn also has a degree in Biomedical Engineering from Rutgers University and has taught online math classes for Johns Hopkins University since 2009.



**FREE, Pre-registration required in person or online at livingstonnj.org
Please call 973-535-7925, option 8 or email lbranquinho@livingstonnj.org**