

healthy family

informed. empowered.

Date: October 28, 2019

Time: 6:45-8:45pm

Place: St. Thomas More Parish Dining Room

FREE Class

- Learn more about essential oils for the family and how to incorporate them into everyday life.
- Simple, healthy, 15 minute meal ideas for families on the go (with samples).
- Ditch the soda, try our natural lemonade.
- Optional roll on essential oil blends are \$5 each.

RSVP to: Tracey at tmtr919@gmail.com

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** No childcare provided*

