

Press Release

Event: **Essential Oils 101**

Date/Time: Monday, June 11th from 6:00 PM – 7:00 PM

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Come learn and experience the myriad of ways that essential oils can be used to support a naturally healthy and balanced lifestyle, Monday, June 11, 2018 from 6:00 PM to 7:00 PM. We have all heard of essential oils and may be curious as to how we can incorporate them into our daily lives. This gathering will answer questions on the basics of essential oils and how they can be used to support every system of the body. Our speaker will be Katie Marquis, a wellness advocate from the group Essentially Happy Oilers.

This event is free to attend. Registration is not required.

For more information regarding the event, please contact Madhu Bajaj Gupta at 860-447-1411 x5, mgupta@plnl.org or go to the library's website at www.plnl.org.