

Seasonal Health Workshop

- Saturday, November 11 from 9:45-12 noon
- At the Silverton Senior Center - 115 Westfield Street



Looking for ways to stay healthy during the cold & flu season? Come join us and learn how to make your own essential oil remedies and immune-boosting chicken bone-broth that will keep you strong and healthy throughout the fall and winter seasons.

WORKSHOP LEADERS

Suzy Lindgren – Nutritional Health Coach of 'Joyful Solutions'

Gail Gummin – Cert. Aromatherapist of 'Acupressure Zen'

Introductory Offer!! RSVP (503) 269-0641 – Limited Seating

\$30 includes two, hour-long workshops plus: 2 very informative booklets, 1 cup of soup, and 1 essential oil remedy.

\$40 includes above plus: 1 reusable silicone bag filled with broth, & 2 more essential oil remedies.

*Pay by check, cash or, card at workshop.