

## RECREATION PROGRAM

# AROMATHERAPY WORKSHOP

Tuesday, 4/24, 6:30-8:30pm

Essential oils can be used to support the mind-body connection and emotional wellness when used properly. This workshop will start with everyone making their own scented body sugar scrub that they can take home and enjoy. Then, we will have a presentation from Nancy Gouch, a board certified/licensed aroma-therapist, who will do a presentation on how different aromas influence the brain and olfactory system to promote emotional balance. Participants will get to sample a dozen different oils and supplies from Young Living Essential Oils will be available to purchase.



**FEE: \$5 per person**

To pre-register visit [www.namidupage.org](http://www.namidupage.org).

For questions, please contact  
Dana Stewart, Recreation Director  
at NAMI DuPage, 630-752-0066.

This program will take place at  
NAMI DuPage/Community Center  
115 N. County Farm Rd., Wheaton  
(In the Multipurpose Room)