



AROMATHERAPY

Join us to explore how aromatherapy can benefit wellness in a myriad of ways. Candice is an Herbalist and Aromatherapist and perused her love of plants and essential oils to attain a degree in Integrative Healthcare, followed by an immersion course in advanced herbalism from the Colorado School of Clinical Herbalism. All classes are \$16 (\$13 Resident).

Introduction To Essential Oils and Boosting Vitality

Join us to discuss essential oils, how they work, what they do and where they come from! This class will review several specific essential oils and immune system boosting properties. Create a custom chest rub to experience some hands-on blending fun!

24230 March 18

- Wed., 6-7:30 p.m.
- Central Recreation Center

Essential Oils For Stress and Sleep

Stress is something we would like to have less of and sleep is something we need more of. Essential oils can help reduce stress in our daily lives and encourage more restful sleep. In class you'll make a custom aromatherapy roller to lull you to sleep or relieve stress.

24231 April 15

- Wed., 6-7:30 p.m.
- Central Recreation Center

Essential Oils For Inflammation, Muscle and Joint Pain

This class expands on how essential oils work best for the most common inflammation and pain complaints. Make a custom salve to experience the wonderful benefits of essential oils!

24233 May 20

- Wed., 6-7:30 p.m.
- Aurora Center for Active Adults

New! Essential Oils For Furry Friends

You love essential oils but what about your animals? In this class we'll discuss the importance of safe usage of essential oils with our 4-legged family members. When it is ok to use them and how. Also, most important, what not to use.

24234 May 27

- Wed., 6-7:30 p.m.
- Aurora Center for Active Adults

**Parks, Recreation
and Open Space**

AuroraGov.org/Recreation

