



Real Anxiety Relief: Mindfulness & Oils

Wednesday, August 21 at 6:30 pm

How to take the steering wheel back from ANXIETY and do it without drugs!

Let me introduce you to a combination approach of mindfulness and essential oils, that will give you safe, powerful tools to support, uplift, soothe and comfort. Here's what we will cover:

- brief intro to mindfulness
- what essential oils are, how and why they work
- why doTERRA
- make and take up to 3 roller balls specifically for anxiety (\$5 each)
- info on how to get the best price on the best oils so you can run with that empowered feeling

**Cost: \$5 for DIY Materials, payable at class
Registration requested. Call 610-287-8360.**



Rachelle Bevilacqua MS, LPC, CYT,
doTERRA Wellness Advocate
Rachelle has been helping individuals overcome debilitating anxiety for over a decade as a mindfulness based psychotherapist. For the last 3 years, she has been incorporating oils with great success speeding up the process.
Feel free to reach out with any questions:
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Perkiomen Valley Library at Schwenksville

A branch of Montgomery-County Norristown Public Library
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