



*Essential Oils:  
What You're Missing & What You Need to Know  
A DIY Workshop*

**Thursday, Sept. 19<sup>th</sup> @ 6:30 PM**

Learn the foundational essential oils and techniques for naturally supporting emotional and physical health, including reducing tension and headaches, seasonal breathing difficulties, sustained energy levels, supporting hormonal balance, and restful sleep. You will make and take a custom essential oil blend made with powerhouse oils natural health success in our fast-paced world!

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



*With Megan Koppel*

**Perkiomen Valley Library at Schwenksville**

A branch of Montgomery-County Norristown Public Library  
290 Second St., Schwenksville, PA 19473  
610-287-8360 [www.pvlibrary.net](http://www.pvlibrary.net)