Stress Less...Enhance Your Overall Wellness with Essential Oils

High quality essential oils are an effective, safe, and easy way to enhance overall wellness and decrease your everyday stress. Please join us as we share how oils such as lavender, peppermint, lemon, frankincense and proprietary blends can be incorporated into your daily routine to create a healthier lifestyle. You will have the chance to experience the oils through smell, taste, and application to the skin and notice the difference they make in your mood and stress level. Come prepared to relax and enjoy!

Presenter: Terry Quigley, M.S. is a former teacher who left the classroom to pursue her interest in holistic health. She is a 2004 graduate of The Institute for Integrative Nutrition in New York City and is a Certified Holistic Health Practitioner. Her passion is to educate others on wellness and empower them to healthy choices that will enhance their zest for life. Terry has shared Young Living Essential Oils for the past 14 years and can attest to their ability to improve overall quality of life.

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
CALL 442-5483 OR REGISTER ONLINE
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Friday, November 20
12:00 pm - 1:00 pm
Room 110A
School of Public Health

Registration Deadline: Thursday, November 19