Winter Wellness With Essential Oils

The cold weather months are upon us! Please join us as we share ideas for how to enhance your overall wellness and immune system during this challenging time of year. Many essential oils can assist us in maintaining high energy and vitality as we embrace the winter. During this class, we will discuss which high quality essential oils best support our immune system to keep us healthy and energized. You will have the chance to experience the oils through smell, taste, and application to the skin. You won’t want to miss this interactive and aromatic presentation!

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.

Wednesday, January 13
12:00 pm - 1:00 pm
Café Conference Room

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