



*Brought to you by Northport Village Trustee Mercy Smith
& James LaMantia of the LaMantia Gallery
MY HEALTHY NORTHPORT PRESENTS*



*Wake up your senses!
Self Healthcare Revolution is Here!
Natural Wellness Series
Presented by
Dr. Dawn Olsen Figlo
7pm LaMantia Gallery, Northport NY*



Participants may register for the entire series, several specific classes, or an individual class.

Fees: Individual Session: \$5 (plus applicable tax/fees) Includes Handouts

12 Session Series: \$40 (plus applicable tax/fees) Includes Sample Essential Oil Kit/Handouts

REGISTER Today! <https://www.eventbrite.com/e/natural-wellness-series-essential-oils-tickets-54408226470>

Session Descriptions(7:00 PM- 8:30 PM):

1/17-Essential Oils: Nature's Natural Healing Solution

1/24-Positively Influencing Emotions through Aromatherapy and Mighty Mantras with author Donna Martini

1/31-Make Your Home Safe from Disease Causing Environmental Toxins

2/7-How Children Benefit from Essential Oils

2/28-Natural Skincare Solutions: Glow from the Inside Out.

3/14-Healing from the Foot Up: Reflexology, AromaTouch of the foot and Earthing

3/28-AromaTouch: A Technique of Applying Essential Oils for Nervous System Balance

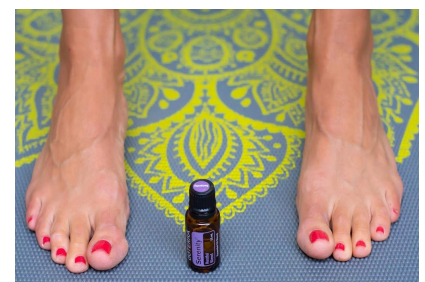
4/4-Common Foot Problems: Why Ignore when we can Restore!

4/11- Essential Oils of the Bible with Pastor Eric Olsen: How Our Earth's Gifts Have Been Used for Centuries

5/2-Natural Remedies for Athletes and Enthusiasts

5/16-Life Stressors: Going from Survival to "Thrival" using Earth's Natural Gifts

5/30-Your Wellness Journey: How to Walk Daily Towards Peace, Health and Happiness



Questions? Contact Trustee Mercy Smith at m.smith@northportny.gov