

Wellness Wednesdays

"Growing a Women's Wellness Culture"

Presents

Dr. Charlene Kush
Naturopathic Doctor



Sarah Gohm
Wellness Advocate

Staying healthy during the winter months can be a challenge. Being proactive can help prevent illnesses from occurring, or lessen the amount of time spent nursing yourself back to health. Join Charlene and Sarah, on February 20th, to learn how *dōTERRA* Essential Oils can optimize your health and wellness by boosting your immunity and find out why *dōTERRA* is a safer, natural alternative. Then have fun making your own *dōTERRA* Essential Oil take-aways, including:

Vapour Rub Immune Roller Throat Spray
Hand Sanitizer Feel Better Bath

ETFO Niagara invites members to...

"PREPARE, PROTECT, and PREVENT"

February 20, 2019

4:30 - 6:00 pm

ETFO Niagara Office

2601 Highway 20 E., Units 5 & 6, Fonthill, ON

~ Refreshments & snacks provided ~

Register by **February 13th, 2018** at:

<https://etfowellnesswednesdaysfebruary2019.eventbrite.ca>

Cost: \$25.00

*Please drop off payment to ETFO Niagara office **or**, if sending payment via courier allow 5 business days for delivery. Payment must be received by **Feb. 15th** to guarantee your spot.*