



Emotional Wellness & Essential Oils

**Saturday, August 19
1 p.m.**



Emotional Wellness involves being attentive to your thoughts, feelings and behaviors whether positive or negative. **Brittany Kurtzer from DoTERRA** will show how to use essential oils in a more effective way when dealing with emotions and empower you to become your best.

This class is open to all who are interested about emotional wellness through the use of essential oils.

Please RSVP, limited seats available!



For more information, contact Jan Bolte, 402-537-3900

La Vista Public Library, 9110 Giles Road