



“Plants and essential oils possess natural elements that can stimulate your senses and help with your overall well-being. We invite adults to join our Winter Wellness Classes to learn the benefits of essential oils and the positive effect they can have on our mind, body and spirit.”

Joseph N. DiVincenzo, Jr.



**Joseph N. DiVincenzo, Jr., Essex County Executive
And the Board of Chosen Freeholders
Invite Adults to Participate in**

Winter Wellness Classes For Adults

HOLIDAY GIFTMAKING WITH HEALTH BENEFITS

Saturday, December 15; 11am to 12pm

Join Jenn Forino, founder of plusoils.com, in making thoughtful holiday gifts of infused bath salts and floral sprays with therapeutic-grade essential oils. This workshop will start with a mini-lesson teaching you how to use therapeutic essential oils for your overall health and well-being.

Fee: \$25 per adult

WELLNESS TIPS FOR BUSY PEOPLE

Saturday, January 5; 11am to 12pm

No one has time for sickness to slow them down! Learn from Jenn Forino, founder of plusoils.com, how you can easily incorporate the benefits of therapeutic essential oils into your busy lifestyle to achieve the health you need. Each participant will go home with a Thieves Roll-on and a Thieves Cleaner Concentrate (*Thieves essential oil is a trademarked blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils known for their powerful health properties*).

Fee: \$25 per adult

LUCY LIBIDO HAS AN ESSENTIAL OIL FOR THAT!

(Girls Only Valentine's Day Special)

Saturday, February 9, 11am to 12pm

Calling all girlfriends! This girls-only morning is a fun way to prepare for Valentine's Day! You will be pampered with an all-organic brunch including a salad, fresh juice, and superfood muffin catered by Green Point Juicery. Rejuvenate while you learn from Jenn Forino, founder of plusoils.com, how plants and essential oils can spice up your love life. Everyone will go home with a perfume made with therapeutic-grade essential oils. Invite your friends!

Pre-registration, and payment required. **Fee: \$50 per person**

For more information, please call 973-228-8776.

Pre-registration and minimum number of participants are required.



COUNTY OF ESSEX
Department of Parks, Recreation and Cultural Affairs
ESSEX COUNTY ENVIRONMENTAL CENTER
621-B EAGLE ROCK AVENUE, ROSELAND, NEW JERSEY 07068
Phone: 973.228.8776 Fax: 973.228.3793

www.essexcountynj.org



~PUTTING ESSEX COUNTY FIRST~