

The Pequannock Township Public Library presents:

**Essential Oils for Aches and Discomfort
and that Promote Restful Sleep
With: Dana and Wayne Levering**

**Thursday, August 17th, 7 PM
Please call (973) 835-7460 to reserve a seat**



At this essential oil seminar you will learn which oils are commonly used and how they are used in a variety of ways to support the muscular skeletal system (Aching hands/wrists, Aching toes/feet, Bruises, Digestive Discomfort, Head or Neck Tension, Joint Support, Ligament Support, Muscle Cramps and Spasms, Oral Discomfort, etc.) as well as to support restful sleep. You will not only learn some uses of essential oils for aches and discomfort, but will also have the opportunity to smell their various aromas.

Wayne and Dana have over 20 years of experience in learning about and using essential oils. In the last decade, they have been educating many throughout the country – those in the medical and healthcare communities, families, and individuals to learn how they can benefit from these wonderful gifts of the earth – essential oils.

**Pequannock Twp. Public Library
477 Newark Pompton Tpke.
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(973) 835-7460**

