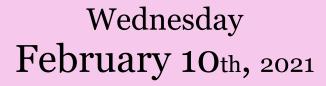
## MINDEULVETERAN



Join us for one of our Wellness Wednesday sessions presenting varied & interesting ways to support our own wellness

## **Essential Oils**

Carla, who has been a favorite in our in-person Wellness Areas/Wellness Days, will provide a short history of oils, clarify which oils guarantee purity and potency, and share some possibilities for using oils to support our various body systems.



3:00pm - 4:20pm

Especially during this pandemic and time of unprecedented events, learning about ancient, time-tested methods for supporting our physical/mental/emotional wellbeing is so important.

Allow yourself the time to join us.



meeting ID 835 7386 4944







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