

## **Back to School with Essential Oils**

Are you interested in a natural way to keep your kids healthy and focused this school year? We will focus this class on using essential oils to help keep our kids at their very best all year. Learn which oils can help improve concentration, ease anxiety, improve focus, and boost their immune system.

*Sign up now for the class and you will have your name placed in the drawing to win some great prizes!!*

**Monday, October 2, 2017**

**Time: 6-7pm**

**Location: SG Parks and Recreation Center  
(Community Room Follow Signs)**

**Fee: FREE**

**Instructor: Christine Hartle Kaufman**



## **Essential Oils 101**

Would you like to learn how to kick toxic chemicals out of your home? I will walk you through step by step and give easy, simple and affordable tactics anyone can do with the best essential oils on the planet. This class is totally free and will blow your mind! Gear up for a fast paced, ground up lecture on everything oils, and have some fun and pampering in the process. It's time to take control of the yuck in your home and kick it to the curb.

*Sign up for the class now and you will have your name placed in the drawing to win some great prizes!!*

**Saturday, December 2<sup>nd</sup>, 2017**

**Time: 9-10am**

**Location: SG Parks and Recreation Center  
(Youth Center Room Follow Signs)**

**Fee: FREE**

**Instructor: Christine Hartle Kaufman**



### **Essential Oil Classes 2017**

Cut and return form with payment to enroll in class session. Any questions may be directed to 717-225-9733 Ext. 1 or 3  
Checks should be made payable to SGRPRC and sent to 50 North East St. Suite 1 Spring Grove Pa 17362

Name: \_\_\_\_\_ Borough/Township Residing: \_\_\_\_\_

Address: \_\_\_\_\_

Phone#: \_\_\_\_\_ Email: \_\_\_\_\_

Class Choice (Circle Choice):      **Back to School**                      **Essential Oils 101**                      **Both**

Fee Due: FREE

I fully understand and accept the risks involved in participating in any strenuous activity and I absolve the Spring Grove Regional Parks and Recreation Center and Spring Grove Borough from all liability for any personal injury incurred through my participation in any Spring Grove Regional Parks and Recreation Center sponsored education and/or physical activity program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

(Only if registrant is under 18 years of age)