



## **The Mount Olive Public Library Presents**

**Join Perri O'Flynn for the first of a 2-part series on how to add essential oils into a self-care plan for the New Year!**

**Topic: Physical Support (Part 1)**

- **Setting a new morning routine (using essential oils)**
- **Healthy food ideas and shopping lists (\*Guest Speaker)**
- **Exercise ideas (\*)**
- **Evening routine: de-stress; good sleep**

**DIY Project: Epsom Salt Soak**

- **To help you rewind after the hectic holidays are over and start 2019 refreshed and relaxed!**

**DATE: Sunday, February 3, 2019**  
**(changed from January 20 due to weather)**

**TIME: 12:30-3pm**

**PLACE: Mt. Olive Public Library**  
**(in our Gathering Room)**

**Limited to 15 Adults**

***Registration Required!***

**Call 973-691-8686 Ext. 106 or [click here](#) to register**