

# Essentially Yours

Spring Forward Into a Healthier You!

**Thursdays 6-8PM**  
**Feb 23rd–March 23rd**

Greene County Fairgrounds 4H Upstairs

**5 sessions**  
**Essential Oil**  
**Classes**  
**\$5 Per Class**

**FMI or to Pre-Register**  
**724-852-5323**  
**www.co.greene.pa.us**  
**Pre-Registration is Required**



**FMI or to**  
**Pre-Register for any**  
**of our Programs:**

**Greene County**  
**Department Of**  
**Recreation**  
**107 Fairgrounds Rd**  
**Waynesburg Pa 15370**  
**724-852-5323**

**www.co.greene.pa.us**



**Notice:**

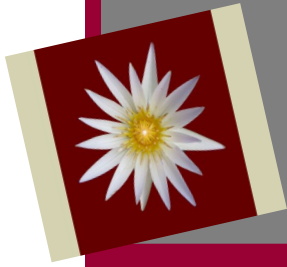
By participation of this program and/or activity, my photograph and/or the photograph of my child may be taken by the department or representative thereof. I agree that my photograph and/or the photograph of my child, including video photography, film photography, or other reproduction of my likeness or the likeness of my child, along with activity creation may be used without charge by the Department of Recreation, producers, sponsors, organizers and/or it's assigns for media releases, advertisements or such purposed as they deem appropriate.

**We reserve the right to cancel program for lack of participation or any other reason**

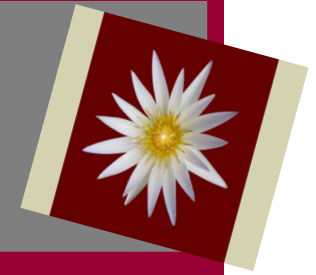
GREENE COUNTY COMMISSIONERS  
-BLAIR ZIMMERMAN—DAVE CODER—ARCHIE TRADER—  
93 EAST HIGH STREET  
WAYNESBURG, PA 15370  
724-852-5210



GREENE COUNTY DEPARTMENT OF RECREATION  
JAKE BLAKER, DIRECTOR  
107 FAIRGROUNDS ROAD  
WAYNESBURG, PA 15370  
724-852-5323



# Essentially Yours *Presents:* Spring Forward Into a Healthier You!



Instructor- Kelly Mackey

## Feb 23rd- Essential Oils 101

Come learn why essential oils are so amazing and how they can support your body and emotional well being.

**Make and Take:**

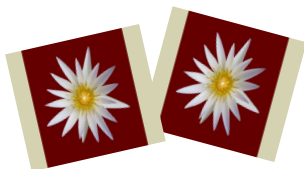
Essentially Well Rollerball Remedies

## March 2nd-*Perfume Workshop!*

“Scentsational” lesson on how to reduce the toxins entering your body by making your own essential oil based perfumes.

**Make and Take:**

*Essential Oil Perfume*



## March 9th-Essential Oil Art Therapy

An exciting and creative way to de-stress through the use of essential oils and painting. Be guided step by step and create your very own masterpiece

**Make and Take:**

Paint Your Own Work of Art

### *Door Prize Giveaway Points*

25 pts for coming to classes  
75 bonus pts for attending all classes  
20 pts per each friend that is brought  
100 pts if they book a class from  
Host Kelly Mackey



## March 16th-

## Essential Wellness For your Pets

Pets can also benefit from natural solutions. Discover safe ways to use essential oils on your furry family members.

**Make and Take:**

Essential Oil Remedy for Your Dog or Cat

## March 23rd-

## Cooking With Essential Oils

Time to cook up some fun! Instruction on incorporating essential oils into your daily diet and reap the benefit of healthier foods.

**Make and Take:**

Samples & Recipes  
of different dishes featuring essential oils