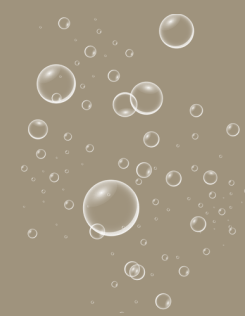




# Aromatherapy Workshop

## How to Make Shower Steamers!

**Monday, March 3th, 6:00 - 7:30 PM**  
**CES Conference Room, Free Childcare Available**



**Join us to explore the use of essential oils in the the making of Shower Steamers that you will bring home to enjoy! All materials will be provided including a variety of oils so that you can customize your own steamers with your favorite scents!**

Even small acts of self-care in your daily life can have a big impact!

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy.



**Growing  
Stronger  
Together**

**Please register so that we know to expect you!**  
**[ColchesterC3.jumbula.com/#/caregiver-programs](https://ColchesterC3.jumbula.com/#/caregiver-programs)**