

Join us for our NEW class!

"Take Control of Your Health with Essential Oils"

Benefitting Hugs for Brady Foundation



Thursday, March 26th at 7:00 pm

Saturday, March 28th at 11:00 am



*Helping Kids with Cancer,
One Hug at a Time...™*

Learn how to reinvent your health with essential oils that can minimize symptoms, address root causes, and can lessen or even eliminate expensive over-the-counter medications. Pure, therapeutic grade and perfectly complimentary, essential oils are natural compounds derived from plants.

"This is a fun, interactive class - sample, smell and learn to take care of your health in a brand new way."

To save your seat, please register at Front Desk in advance.

*Suggested Donation \$10
to benefit:*



*Helping Kids with Cancer,
One Hug at a Time...™*

Join **Cindy Luisi**, WHE, WHC, Certified Whole Health™ Educator & Coach, Life Coach, Stress Management professional and an Essential Oils Wellness Advocate. She is a member of the Institute of Functional Medicine and the American Counseling Association and is a professional Whole Health Advocate provider (CAM practitioner) with Healthways WholeHealth Networks Inc. She is a health professional trained to teach preventative health lifestyle techniques and show you that how you think, what you eat and how you move, can create health and wellness or illness and disease.



Forrestal Village Fitness Center 121 Main St. Princeton, NJ 609-514-0500 Ext 462