

Health and Wellness Events for March

with Alexa Goodlander -
Certified Aromatherapist

Monday March 17th 12:30 pm

or

Thursday March 20th at 6:30pm

Join Alexa for a fun and creative day focused on health and wellness with the use of essential oils.

You will get to craft your own choice of roller bottle, lotion or spray mist (or you can do all 3) personalized to your well being.

Its a hands on experience that blends creativity with self care along with discussion on how each of the oils are beneficial to you.

Cost of class:

\$15 per person for one choice

\$20 per person for two choices

\$25 per person for all three

All materials are included with the cost.

Complimentary tea, coffee or water available.

*****PRE-REGISTRATION WITH PAYMENT REQUIRED****

Registration deadline is March 10th, 2025

LIMITED SPOTS ARE AVAILABLE

Secure your spot taoday by contacting Alexa at 716-725-5102

Payments are by Credit Card or Venmo

Classes will be held inside Body Essential Wellness Center Studio located at
5225 Sheridan Drive, Williamsville NY (by the gazebo)

Class is approximately 2 hours

