

# What Else Can I Do?

A new learning series to help you improve your health and wellness

Please join us at Wellspring each month to learn from local experts and consider new things you could do to benefit your wellbeing.

**Second Thursday of each month, 1:30 P.M.**

**May 13**

## **Aromatherapy Educational Class**

Aromatherapy is the art and science of using essential oils to enhance well-being and to support physical, emotional and spiritual health. But what are they? How and why do they work? How are essential oils used in daily life? Please join us to learn all of this and more from our Clinical Aromatherapy expert, Cathy Bower.

**June 10**

## **What is Reiki Therapy?**

Reiki therapy is offered to our oncology outpatients at no cost, but what is it? This simple, safe and effective tool has the potential to diffuse feelings of stress, anxiety or depression, calm pain and nausea, restore energy, and create an environment of peace and healing. If you're curious to learn more about this ancient, yet innovative, tool for your health, please join us!

Masks and social distancing are required.  
Registration is requested, space is limited.

**To register or learn more, call 540-536-4981**