

Getting Started with Essential Oils and Aromatherapy

A FREE Educational Event
Tuesday, May 17 • 6 p.m.
Empire Hy-Vee

There are 300 essential oils used for healing effects but as few as 10 can cover the needs of most households for antiseptic, anti-inflammatory, pain, mood and relaxation uses.



Dawn Flickema, MD
Avera Medical Group
Integrative Medicine
Sioux Falls



Annie Ailts
Hy-Vee Dietitian



Marlo Polc
Hy-Vee Health Concierge

Pre-registration is required for this **FREE** educational event sponsored by Avera. To register, visit **Avera.org/events**, call **1-877-AT-AVERA (1-877-282-8372)** or visit **Hy-Vee Customer Service**.