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# **Introduction to Aromatherapy**



**Thursday,  
Sept. 18**

**7:00 - 8:00 pm**

[Register online](#)

**In this introductory workshop,  
Liz Hoffman of 5 Element Wellness  
will outline the basics of aromatherapy.**

**Learn how, when and why essential oils are therapeutic.  
Hear suggestions on what oils may help with common  
conditions ranging from headaches  
to digestive issues to insomnia.**

This program is free and all adults are welcome to attend.  
**Registration requested at [www.BernardsLibrary.org](http://www.BernardsLibrary.org)**  
or by calling 908-204-3031 ext. 116.