

# Getting to the Essence

# Essential Oils



Learn more about essential oils and their uses with Billie Ritter, Health Education Coordinator, at one of our Activity and Dining Centers this month.

**Greendale:** Monday, April 16, 11:00am  
**Coleman:** Thursday, April 19, 11:15am  
**Mills:** Wednesday, April 25, 11:30am  
**Trailside & Sanford at Trailside:**  
Thursday, April 26, 12:00pm

To reserve a seat, call the Activity & Dining Center of your choice, at least one day before the presentation. We encourage you to come for lunch the day of the program. To make a lunch reservation, call the center you plan to attend before 9:00am, on that day.



**Senior Services** • 4700 Dublin Ave. • Midland, MI 48642