



## CONNECTIONS SUPPORT GROUP AROMATHERAPY

“Smell is a potent wizard that transports us across thousands of miles and all the years we have lived.”

~ Helen Keller



*Aromatherapy is defined by the National Association for Holistic Aromatherapy as “the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit”.*

**Join us to partake in some AROMATHERAPY fun!**

Our Signature Touch Aromatherapy Program incorporates specific essential oils and other natural herbs to engage Residents, creating the opportunity for further connection. This program promotes a peaceful environment through sensory stimulation with essential oils.

Learn more about the essential oils we utilize and their benefits at this month’s Connections Support Group. Together we will make a fun and easy ‘Aroma Creation.’

Thursday, June 14<sup>th</sup>, 2018 at 5:30pm

3709 Shannons Green Way

Alexandria, VA 22309

Call 703.780.7100 for more information!