

Introduction to Essential Wellness Class

May 4th 5:30-6:45

Learn what these gifts of the earth can do for you - how natural plant medicine can boost & effect your body to reach pure health and balanced wellness.

SOME TOPICS:

deep solid sleep, improved energy, memory and focus issues, pain & inflammation, headaches, tension and stress, weight and metabolism, immunity cellular nutrition, skin issues, gentle detox anti-bug remedies, seasonal disorders



Bdefined

New Town
5207 Center Street, Unit D
Williamsburg, VA 23188