



Activity Table: Aromatherapy

Aromatherapy, or essential oil therapy, is using a plant's aroma-producing oils (essential oils), for the improvement of physical, emotional, and spiritual well-being. Essential oils are taken from the plant's flowers, leaves, stalks, bark, rind, or roots. Learn about the health benefits of various oils. Make and take aromatherapy sample.

James Monroe Building Main Level, Outside of Cafeteria
Thursday February 14th
7am – 10am

Healthy Lifestyle Coaching is available at no cost to COVA employees enrolled in COVA Care, COVA HDHP, or COVA HealthAware. Call Coach Lou to schedule your appointment and get started on your journey to better health!

ActiveHealth services are not affiliated with CommonHealth



Presented by: Lou Winterling, MS, NBC-HWC, CPT
Phone: (844) 342-1791 x 8578
Email: lwinterling@activehealth.net
Offices located at Capitol Square HealthCare

