



家和專業輔導中心

CHINESE FAMILY SERVICES OF ONTARIO

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# 芳香療法與健康養生

## Health and Wellness – Understanding Essential Oils

Did you know that we expose ourselves to over 200+ chemicals during our daily lives?

Did you know the air quality in our home has 3-5 times more toxins than the air from the outside?

To live chemical free seems to be difficult but **YOU** can make a difference and the **change can start from YOU!**

Join us and learn more about what you can do to achieve natural and non-toxin lifestyle by using Essential Oils to support your wellness goals.

Topics Include:

- How to use essential oils to improve our emotional health, family immunity, hormone balance, self-care for skin, pain and inflammation
- versatile use of essential oils (e.g. household, medicinal, skincare)

你知道我們在日常生活中都會接觸到超過 200 多種化學物質嗎？而我們在家中吸入的空氣毒素比從外面吸入的更多出 3 至五倍？在現今的社會中，生活在無化學污染的環境似乎很難，但其實改變可以從你開始！

只需一件簡單的事情 - 精油，你就可以實現自然，無毒無污染的生活方式，它更可以幫助你的健康。

內容包括：

- 精油的多種使用方法（如家務，醫療，護膚）
- 精油如何改善我們的情緒健康，家庭免疫力，賀爾蒙平衡，皮膚自我護理和炎症

Date 日期: Saturday, March 23<sup>rd</sup> 2019  
Time 時間: 9:30am – 11:00am  
Language 語言: Cantonese 廣東話  
Address 地點: 3330 Midland Ave, Unit 238, Scarborough  
(Finch/Midland)  
Inquiry/Registration 查詢或報名: (416) 979-8299 ext. 221

*Please bring your valid Permanent Resident card or landing document for registration.*

*請出示楓葉卡或移民紙以作登記*

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