

The Fragrant Living Series

An Aromatherapy Based Course Series
+ Three separate classes | \$35 each



Fragrant Living: Renewal of Mind

Sep. 17, 6-8:30 p.m., NCRC Rm. 300

Inhale emotional health and exhale wellness with essential oils. From tension to depression, unfocused to fatigue, essential oils have long been appreciated for their uplifting, calming and clarifying effects on emotional wellness. This class will be an introduction to using essential oils and we will learn breathing, relaxation and meditation techniques to aid the emotions. You will create an aromatherapy bracelet to take home.

Datatel #90649

Fragrant Living: "Diffuse" the Tension

Oct. 1, 6-8:30 p.m., NCRC Rm. 300

Essential oils and stretching techniques are the perfect blend for reducing stress. Learn about the effects essential oils have on your mood and emotions as you discover ways that these products interact with your own body chemistry in order to enhance your emotional and mental wellbeing. In this class, you will learn stretches that will calm and balance your central nervous system, discover essential oils that work best for anxiety and tension and sample essential oils, which can help with relaxation and sleep. You will have the opportunity to make a stress ball and a calming spray product to take home.

Datatel #90650

Fragrant Living: Ease the Pain

Oct. 15, 6-8:30 p.m., NCRC Rm. 300

Essential oils and intelligent movement for pain management. Do you suffer from chronic or acute pain, bone, joint, muscle or tissue pain? In this class you will learn movement techniques to ease your pain. We will explore many essential oils that have anesthetic, analgesic, antioxidant and anti-inflammatory properties that may help reduce pain. You will also create an essential oil ointment for pain for home use.

Datatel #90651

NCRC | 399 Biotechnology Ln.
Kannapolis, N.C. 28081



**Rowan-
Cabarrus**
COMMUNITY COLLEGE



Please register soon, as class size is limited!

Call **704-216-RCCC (7222)** or register online through WebAdvisor (go to WebAdvisor, click "Students," then "Register and Pay for Continuing Education Classes").

→ www.rccc.edu/enrichment