



# AROMATHERAPY

What You  
Need to  
Know

With Guest Speaker Marthica McDermott

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**Wednesday,  
March 4, 2020**

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**Meeting at 6:00 pm  
Program at 6:45 pm**

Aromatherapy, or essential oil therapy, refers to a range of traditional, alternative or complementary therapies that use essential oils and other aromatic plant compounds. Marthica McDermott, owner of The Aromatherapy Shoppe in Hilltop will give a talk and demo on essential oils and their therapeutic uses and purposes. She will have books and items for purchase if desired.

**Open to all who are interested with RSVP. Light meal provided. Cost: \$5**

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Please RSVP to [reservations@chefsholom.org](mailto:reservations@chefsholom.org) by February 28 or call the Temple office at 757-625-4295.

