



Suzette Brumleve Memorial Effingham Public Library
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PRESS RELEASE

Date: Thursday, October 26, 2017
For further information contact Catherine Bailey

Aromatherapy for Grief and Loss at Suzette Brumleve Memorial Effingham Public Library

The Suzette Brumleve Memorial Effingham Public Library will host a presentation on Aromatherapy for Grief and Loss on Thursday, November 9 at 6 p.m. in its Workman Room. Sara Holmes will share her own experiences and aromatic blends for healing. Each participant will get to make Sara's aromatic blend for an anxiety/panic inhaler.

Available for purchase at the class will be: A Fragrant Memory by Sara Holmes. The book is about how aromatherapy and natural therapies such as meditation, massage, herbal teas and more can offer us mental, emotional and physical support during the various stages of grief and loss that we experience. This book will be available for sale for \$20.

Sara Holmes is the owner and principal therapist of Botanical Healing Arts LLC in Tuscola, IL and Sara's Sanctuary at Lake Sara in Effingham, IL. Holmes graduated with a BS in Organizational Management from Greenville College after originally studying nursing. Holmes is currently a Certified and Registered Aromatherapist as well as a Licensed Massage Therapist.

Registration is required for this event.

To register for this event call the library at 217-342-2464 x1, email info@effinghamlibrary.org or go online at www.effinghamlibrary.org

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