

Friday, May 10, 2019  
Meeting Time from 9:00 to 12:00  
Pardee, Delaware

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A Community of Trainers and Aspiring Trainers

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## **INTRODUCTION TO ESSENTIAL OILS**

I will give an introduction to what essential oils are and how they are used. We will then do an activity making a body care product with natural ingredients to include essential oils.

## **ABOUT THE PRESENTER**

Kimberly Gadow is an eastern shore native and nature girl at heart, is a published amateur photographer, writer, and full-time Management Analyst II for the State of Delaware, Department of Natural Resources and Environmental Control. She has a Bachelor of Science in Business Management and spends her free time nurturing her passion for wildlife and nature through photography and creating a more natural approach to eating and self-care. She has been using essential oils and producing her own body care products for over 2 years.