

Manalapan Senior Center

Utilizing NATURE'S MEDICINE

Build Your Alternative Toolbox

Plants Herbs Essential Oils DIY Tricks

*Small changes
can make a
big difference!*



Participants will have an opportunity to add things to their "Alternative Toolbox" using plants, herbs and essential oils to support their health.

Inspired by nature, guided by science and sprinkled with a few DIY "tricks," this workshop invites you to explore natural approaches that can complement everyday health and wellness.



EXPLORE
Plants & Herbs



DISCOVER
Essential Oils



CREATE
Simple DIY Ideas

WEDNESDAY, OCTOBER 14TH
11:00 AM – 1:00 PM

Manalapan Community Center
114 Route 33 West

Presented by Pamela Albert Devine

**RSVP by 10/9/26, in person
or call 732-446-8401**