

Free Virtual Class on Zoom!

DIY BODY CARE FOR EVERY BODY

Presented by: Cheryl O'Dell, MSN

Register for this virtual event @ <https://tinyurl.com/y8uma43j>

*Class brought to you through partnership between Coos Bay Library, North Bend Library,
& Natural Grocers' Nutritional Health Coach, Cheryl.*



You eat organic & read labels to avoid chemicals. What about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins & skin irritants. But not ours! Scrub goodbye to skin care chemicals & learn fun, easy DIY body care using oils, foods & everyday ingredients at home.

Thursday, July 16
12:00pm-1:00pm



(541) 756-0400

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