

The BLISS Series

Presented by the Buckeye Lake Historical Society Museum

Relax, Refresh, Remember

Saturday, July 14 2018 from 1:30-3pm

Buckeye Lake Museum 4729 Walnut Road (Rt #79) Buckeye Lake, Ohio 43008



Lisa Feldman

L.S.W., Herbal Medicinal Group
Chair. Naturalist Metro Parks and
Reiki Practitioner.

What is stress and what can you do to manage it?

What essential oil reduces stress response and promotes relaxation?

Coffee in the afternoon adding to your stress? What essential oil can you substitute for an afternoon pick me up?

What essential oil can increase memory function by over 70%?

Experience and learn some simple breathing techniques to reduce stress and attack depression.....



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Free will donations are accepted as admission

740-929-1998

www.buckeyelakehistory.org



Buckeye Lake Interesting Speaker Series

