

Essential Support for New Classroom & Learning Routines

Who: Any teacher, parent/grandparent who is home schooling children, daycare center staff and/or educator adjusting to the new routines of education

When: Wednesday, October 28th, 2020 at 6pm-7 pm

Where: Madbury Public Library

How: RSVP via email to peaceofthepoint@yahoo.com with your name, email and mailing address so you can receive samples prior to the class.

Did you start up a new school routine this year?



Are your children struggling to stay focused in front of a computer screen?



Do you worry about them when they go off to school?



Are you suddenly the primary teacher in your home trying to remember science, history and how to teach math?



Have you ever considered trying essential oils for additional support?



Essential oils are a natural way to support learning, concentration and moods ; a method that is not fully understood by many. They aren't a fad; they have been used for decades. They aren't just bottles with great smelling contents, they actually have emotional and physical benefits. Finding the RIGHT essential oils for you can be an unexpected yet extremely beneficial experience for you and your family.

Join us at the Madbury Public Library to sample, experience, ask questions and learn about the ways to use essential oils to support you and your family. Feel free to call/text questions: 603-833-1255.

Who Am I?

My name is Tracy Matteson and I have been a registered nurse for just under 30 years and specialize in holistic nursing. With many years experience of traditional nursing, I have realized that people are at their best not only when they eat well, exercise, drink water, but also when they incorporate more natural & holistic practices to decrease their toxic load & stress levels and practice self care. Essential oils are a wonderful way to support a healthy lifestyle. It is my passion to help people find their balance in wellness practices.