



Get Healthy @ the Library

## Aromatherapy and your health

Explore the science behind this ancient healing approach and how it fits into the world of complementary medicine.

Learn how you can safely and effectively use essential oils at home for common concerns. Learn how to choose a trained aromatherapist when more expertise is needed.

Presented by emergency department physician Bob Mueller, MD, this lecture will include history and physiology of this alternative therapy and how you might benefit from aromatherapy. After his talk, Dr. Mueller will offer selected essential oils for you to try.

**Tuesday, April 6, 2010**

7 – 8:30 pm

### **CAMPBELL LIBRARY**

77 Harrison Avenue

Campbell 95008

(408) 866-1991



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