

# Recipes and Products for Wellness

## MAKE & TAKE WORKSHOP

(based off of Linda Kilpela's recipe book, Olla Terve Essentials)



**Saturday, February 9<sup>th</sup>, 2:00-4:00**

**Sample the Thieves' Product Line and  
Different Foods Infused with Essential Oils**

**Make Several Products to Take Home**

**\$AVE Money and Your Health**

Suggested fee range: \$25-50

Please rsvp to this email if you're planning to attend. Thank-you!

**RUB-A-DUB-DUB! IS CANCER IN YOUR TUB?!**  
**Learn which chemicals to get rid of and why.**



**Olla Terve Healing Studio**  
1091 East US Hwy 24, Woodland Park