

Keep Calm and Let's Oil On **R** Tuesday, Feb.5 at 6:30 p.m.

Did the holidays leave you feeling like a hot mess? Come de-stress at the library with this make-and-take event. Participants will create items they can use to defuse oils and use topically. This session will also provide information on the benefits of oils and include recipes for later use.

All materials are provided. Ages 17 and up welcome.

R Shows that registration is required. Register online at www.shpl.net or call us at (586) 446-2640. Unless otherwise noted, registration opens three weeks before the program's start date.