



**WEDNESDAY,  
FEBRUARY 27, 2019**  
*“BE YOUR OWN  
VALENTINE”*  
**WORKSHOP**

6 to 8 pm

Enjoy learning about self-care techniques. The cost is \$5 which covers supplies. Feel free to bring your dinner. For information or to register contact Tracy Lake at lakehouseherbs@gmail.com. Registration closes on February 25th or when available spaces are filled.

**Workshop  
Leaders:**

**Tracy Lake &  
Dana Jefferson  
with special guest  
Mauranda Justice**

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**Make a natural,  
skin nourishing  
face mask**

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**Learn how to  
make “Mermaid  
Hair Mist”**

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**Discover crystals  
that promote and  
support self-care**

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**NATURAL  
CONNECTION  
WELLNESS CENTER**

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[www.hhwa.org](http://www.hhwa.org)