

Women's Enrichment Series

The Town of LaGrange Recreation Department is excited to offer 3 great workshops geared toward women. Join Melissa Lawlor, RN, MSN, CNM, as she brings her fun, fresh and unique education style to our community. Grab the women in your life and take part in these empowering workshops.

Workshop 1: Time for You

Date & Time: Wednesday, October 4, 2017 7-8:30pm

Cost: \$12/\$10 if registering for workshops 1 & 2 together

Take part in an informational evening discussing stress management, wellness and women's issues in a fun, loving and nurturing environment.



Workshop 2: Healing Aromas...Aromatherapy

Date & Time: Wednesday, November 1, 2017 7-8:30pm

Cost: \$12/\$10 if registering for workshops 1 & 2 together

Learn about essential oils, healing aromas and strategies for overall wellness for you and your family.



Workshop 3: Holiday Centerpiece Workshop/Ladies' Night Out

Date & Time: Wednesday, December 6, 2017 7-9pm

Cost: \$40.00

Create a beautiful floral centerpiece for an exquisite holiday table. Keep it for yourself or give it away. Join us for a fun and festive night.



Package discount: Register for all 3 workshops at the same time and save \$10 on the total registration fee.

All workshops will be held at LaGrange Town Hall, 120 Stringham Road, LaGrangeville.

Registration begins Tuesday, September 5, 2017.

To register stop by the recreation office.

For more information call the recreation office at 845-452-1972.



www.lagrangeny.gov