



Foundational Wellness

with dōTERRA

Taught by our WELLNESS ADVOCATES



JANUARY	FEBRUARY	MARCH	APRIL
ALL CLASSES WILL BEGIN IN FEBRUARY	INTRODUCTORY CLASS: THURSDAY - 02/13 BOOST YOUR VITALITY NATURALLY THURSDAY - 02/20	INTRODUCTORY CLASS: THURSDAY - 03/06 ACHIEVING PEAK PERFORMANCE AND PAIN RELIEF NATURALLY THURSDAY - 03/20	INTRODUCTORY CLASS: THURSDAY - 04/10 SPRING CLEANING INSIDE AND OUT THURSDAY - 04/17
MAY	JUNE	JULY	AUGUST
INTRODUCTORY CLASS: THURSDAY - 05/01 EMPOWERING WOMEN'S HEALTH NATURALLY THURSDAY - 05/15	INTRODUCTORY CLASS: THURSDAY - 06/05 SUMMER SANITY THURSDAY - 06/19	INTRODUCTORY CLASS: THURSDAY - 07/10 SHIELD YOUR SKIN THURSDAY - 07/17	INTRODUCTORY CLASS: THURSDAY - 08/07 SMOOTH TRANSITIONS FOR BACK-TO-SCHOOL SUCCESS THURSDAY - 08/21
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
INTRODUCTORY CLASS: THURSDAY - 09/04 dōTERRA'S EXCITING NEW PRODUCT LAUNCH THURSDAY - 09/25	INTRODUCTORY CLASS: THURSDAY - 10/02 STRENGTHEN YOUR IMMUNITY NATURALLY THURSDAY - 10/16	INTRODUCTORY CLASS: THURSDAY - 11/06 THE GIFT OF TOUCH THURSDAY - 11/20	INTRODUCTORY CLASS: THURSDAY - 12/04 SLEEP IN HEAVENLY PEACE THURSDAY - 12/18

Foundational Wellness with dōTERRA is a FREE series of classes that will assist you in creating optimal health and happiness. Throughout the series, we will offer a two classes per month. One will be an introduction class and the other will focus on a specific topic. These classes are taught by our Wellness Advocates and are designed to help you take control of your own wellness in a naturally safe and purely effective way.

All classes will be held in the Multipurpose room and will begin at 6:30 p.m.



Class Descriptions:



INTRODUCTION TO FOUNDATIONAL WELLNESS - HELD MONTHLY

Come join us as we learn the basics of essential oils and the powerful properties they hold. Learn how to use them in a naturally safe and purely effective way to benefit you and your family as you continue on your journey towards healthy and happiness as part of YOUR foundational wellness.



FEBRUARY FOUNDATIONAL FOCUS: BOOST YOUR VITALITY NATURALLY

This class will focus on enhancing your energy, wellness, and overall vitality through natural supplementation! We will dive into dōTERRA's Lifelong Vitality Pack (LLV) and vEO Mega (VMG)—two powerhouse products designed to nourish your body at the cellular level. Packed with essential nutrients, antioxidants, and omega fatty acids, these supplements provide the foundation for sustained energy, mental clarity, and long-term health. Let's explore how these natural solutions can empower you to feel your best every day!



MARCH FOUNDATIONAL FOCUS: ACHIEVING PEAK PERFORMANCE AND PAIN RELIEF NATURALLY

This class will focus on unlocking peak performance and managing pain with the power of natural solutions! Today, we'll explore how dōTERRA's Deep Blue products and MetaPWR Advantage with Collagen can support your body's recovery, resilience, and overall performance. Whether you're an athlete, a busy professional, or someone seeking better mobility and comfort, these innovative products are designed to soothe discomfort, enhance joint health, and keep you performing at your best. Join us as we discover how to fuel your body and move with greater ease—naturally!



APRIL FOUNDATIONAL FOCUS: SPRING CLEANING INSIDE AND OUT

This class will focus on refreshing your home and body with natural solutions for spring cleaning! As the season of renewal begins, it's the perfect time to clear out toxins, uplift your environment, and support your body's natural detox processes. Today, we'll explore how dōTERRA's essential oils, cleaners, and wellness products can help you create a cleaner, healthier home and promote inner balance. From DIY cleaning solutions to gentle detox support, you'll leave with practical tips to embrace a fresh start this spring—naturally!activities .



MAY FOUNDATIONAL FOCUS: EMPOWERING WOMEN'S HEALTH NATURALLY

This class will focus on supporting women's health and wellness through natural solutions! We will explore how dōTERRA's Phytoestrogen Essential Complex and Bone Nutrient Complex can help promote hormonal balance, bone health, and overall vitality. These targeted supplements are designed to meet the unique needs of women at every stage of life, from hormonal support to strengthening bones and maintaining long-term health. Join us as we discover practical ways to nurture your body and embrace wellness the natural way!



JUNE FOUNDATIONAL FOCUS: SUMMER SANITY

This class will focus on maintaining mental health and balance during the busy summer months! With all the fun and chaos that summer brings, it's important to prioritize your well-being and stay grounded. Today, we'll explore natural strategies for supporting your mental health and brain balance, including the use of dōTERRA essential oils and supplements. From calming stress to boosting focus and mood, you'll learn simple, effective ways to thrive all summer long. Let's dive into a season of peace, joy, and clarity!



JULY FOUNDATIONAL FOCUS: SHIELD YOUR SKIN

This class will focus on protecting your skin from sunburn and bug bites using natural, effective solutions! Today, we'll explore how you can shield yourself and your family while embracing the power of nature with dōTERRA essential oils and products. From soothing sun care to repelling pesky insects, you'll learn how to make simple, safe, and toxin-free alternatives to conventional products. Let's dive into a healthier way to enjoy the great outdoors!



AUGUST FOUNDATIONAL FOCUS: SMOOTH TRANSITIONS FOR BACK-TO-SCHOOL SUCCESS

This class will focus on making the back-to-school transition smoother and more enjoyable with the help of dōTERRA's natural products! Whether you're a parent, student, or teacher, this time of year can bring excitement and challenges. We will explore how dōTERRA essential oils and supplements can support focus, manage stress, boost immunity, and promote restful sleep—helping everyone feel prepared and balanced for the school year ahead. Let's discover simple, effective ways to thrive during this new school year!



SEPTEMBER FOUNDATIONAL FOCUS: DISCOVER DōTERRA'S EXCITING NEW PRODUCT LAUNCH

Welcome to this special class where we unveil the latest innovations from dōTERRA! Get ready to explore new products designed to elevate your wellness journey with cutting-edge solutions and the trusted purity you love. From game-changing essential oils to advanced supplements and lifestyle products, this launch is packed with tools to empower your health, home, and daily routine. Join us as we dive into these incredible new offerings and discover how they can enhance your life naturally!



OCTOBER FOUNDATIONAL FOCUS: STRENGTHEN YOUR IMMUNITY NATURALLY

This class will focus on boosting your immunity to stay healthy during the upcoming cold and flu season! As we head into a time when our immune systems face extra challenges, it's important to be proactive in supporting our health. In this class we'll explore how dōTERRA essential oils, supplements, and natural solutions can help fortify your immune system, promote respiratory wellness, and keep you feeling your best. Let's dive into simple, effective strategies for staying strong and resilient all season long!



NOVEMBER FOUNDATIONAL FOCUS: THE GIFT OF TOUCH

This class will focus on the power of touch and its ability to uplift, soothe, and connect. We will explore dōTERRA's AromaTouch Technique and AromaTouch Hand Massage Technique, two transformative methods that combine the benefits of essential oils with the healing power of touch. These techniques are designed to promote relaxation, balance, and overall wellness while creating meaningful connections. Whether you're looking to support loved ones or enhance your self-care routine, you'll leave equipped with tools to share the gift of touch in a powerful and natural way.



DECEMBER FOUNDATIONAL FOCUS: SLEEP IN HEAVENLY PEACE

In this class, we will focus on the transformative benefits of quality sleep and how dōTERRA's Serenity Restful Blend and products can help you achieve it. Sleep is the foundation of good health, impacting energy, mood, focus, and even your immune system. We will explore how calming essential oils and complementary solutions can create the perfect bedtime routine, helping you relax, unwind, and enjoy truly restorative sleep. May you sleep in heavenly peace!