



Note: You received this notice because of your interest in Sjögren's events and/or meetings. This meeting notice does not represent an endorsement of the speaker and/or any products they promote, however the SSF believes knowledge is power.

You are invited to attend the next
Montgomery County
Sjögren's Support Group Meeting

Sunday, September 15, 2019

1:00 p.m. – 3:00 p.m.

(the meeting will start promptly at 1:00 p.m.)

Meeting Location

Holy Cross Hospital

1500 Forest Glen Road - **Room: EDU 4** - Silver Spring, MD 20910

Use the main entrance. There is a fee for parking – bring your ticket with you to pay as you leave.

Guest Speaker

Rachel Raba

Rachel Raba is a certified aromatherapist, green beauty advocate, and toxin-free living educator, receiving her certification from Aromahead Institute. She works with people who want to take control of their health and create healthier lives by decreasing their body's toxic burden and living more naturally. In addition to teaching about the power of essential oils, she helps people exchange toxic cleaning, personal care, and over-the-counter products for ones that nourish and support their bodies. Ms. Raba became interested in essential oils when they helped her with serious health issues that she and her young daughter were going through. She also works with the Federal Government in the area of international child labor and human trafficking. This latter experience has made her acutely aware of the need to research companies before buying from them as some of them use child labor (or where they get their products from use child labor). You can find more information about Ms. Raba on her website www.holisticallyhealthyhome.com.

TOPIC – “Essential Oils: Natural Solutions for Health & Wellness”

Learn about some oils to incorporate into your daily routine, why they will make a difference and how to safely use them to achieve lasting results. The speaker will try to cover the as many of the topics support group members suggested as possible, such as how to: reduce stress, anxiety, muscle and joint pain, promote relaxation and sleep, and improve digestive and respiratory function. She will also discuss how to naturally care for your skin and clean your home without toxic chemicals. ***Please let her know at the start of the meeting if you may react adversely to some oils so she can make accommodations.***

Please RSVP to:

Bonnie Schneider - Support Group Leader - ronandbon@verizon.net

Family, Friends, and Interested Healthcare Providers are welcome to join us!