



HEALTHY

Inside and Out

Anythink Huron Street
9417 Huron St., Thornton, 10-11:30 a.m.



OCTOBER 12

Hair Health

Learn how to naturally achieve healthy hair, strength, natural colors, and prevent dandruff and hair loss, as well as how to use food, herbs, massage, and essential oils for beautiful, strong hair. Participants will make a hair rinse.



OCTOBER 19

Skin Deep

Learn how to nourish and help achieve radiant healthy skin using food, herbs, exercises, and essential oils. We will discuss conditions such as acne, eczema, psoriasis, wrinkles, warts, and much more. Participants will make a scrub.



OCTOBER 26

Natural Body Care

Learn how to make your own deodorant and tooth powder. This class will discuss what our fingernails reveal to us about health. We will also discuss how to achieve and retain the body weight that is right for you!



NOVEMBER 2

First Aid

Create a first aid kit with time-tested simple kitchen and garden ingredients.

For more information call
303-452-7534 or 720-977-5800.

 **anythink**
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 **City of Thornton**
Community Outreach

gocot.net/outreach • outreach@cityofthornton.net

These events are free! Registration begins September 10. Sign up with your library card at anythinklibraries.org/events.