








**YWCA JUMP** is an exciting program for newcomer women, girls and gender diverse people over the age of 13 who are permanent residents, convention refugees or live-in caregivers with temporary work permits. Must provide documentation of record of landing.

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5  
 416.964.3883 | [ywcatoronto.org/jump](http://ywcatoronto.org/jump) |     

## AROMATHERAPY FOR STRESS, PAIN & SLEEP

*Promote relaxation, support pain relief and improve sleep*



PHOTO CREDIT:  
[HTTPS://WWW.RAWPIXEL.COM/IMAGE/5922007/PHOTO-IMAGE-FLOWER-PUBLIC-DOMAIN-WHITE](https://www.rawpixel.com/image/5922007/photo-image-flower-public-domain-white)

**July 16, 2024 | 10-11a.m.**  
**ONLINE.** [Click here to register.](#)



*To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs. Staff remains available to serve you via phone, video-conferencing or email.*

Aromatherapy is the practice of using essential oils from natural plant extracts to enhance both psychological and physical well-being.

Join this webinar, where you will:

- Gain a deeper understanding of aromatherapy.
- Explore how various scents can promote relaxation, motivation, support pain relief and improve sleep quality.
- Learn how aromatherapy works can benefit your overall wellness.

*This webinar is offered in collaboration with Maria Fiordalisi, Holistic Wellness Practitioner.*



**SCAN TO REGISTER**

For more information, please contact us at **416.964.3883** or [jumpetobicoke@ywcatoronto.org](mailto:jumpetobicoke@ywcatoronto.org)



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