

Are you stressed and anxious?
Are you overwhelmed with caring for a loved one?
Do you have difficulty making decisions and finding clarity?
Are you fatigued and suffer from sleepless nights?
Have you suffered a loss and seek comfort and inner peace?

Join me for a short talk on

Bach Flower Essences for Beginners

Monday, June 26 at 6:00 pm.

A Place of Peace
2021 Sperry Ave
Ventura, Ca 93003

A natural, simple, safe and effective energetic therapy discovered
by Dr. Edward Bach in the 1920's.

The Bach Flower Essences provide relief from everyday
stress and struggles and can bring about emotional harmony

My talk will cover the benefits of single
essences, personal formulas and Rescue Remedy.

While there is no fee to attend,
there will be an opportunity to create your own formula for a cost of \$20.



Mary Elizabeth Vitullo LPN

A Certified Holistic Health Coach and
Bach Foundation Registered Practitioner
will share her passion for Bach Flower Essences.