



**DOROTHY LANE MARKET**

# *Self-Care Saturday*

April 24 • 10 a.m.–3:30 p.m.  
Free Virtual Event

[DorothyLane.com/SelfCareSaturday](https://DorothyLane.com/SelfCareSaturday)

## *Aromatherapy for Peace & Healing*

Presented by Patti McCormick, RN, PHD,  
Institute of Holistic Leadership

**10:00  
A.M.**

Patti McCormick will kick things off by sharing her wealth of knowledge on the best ways to use essential oils to aid in relaxation, healing, and your overall health and emotional well-being.

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## *Which CBD Is Right for Me?*

Presented by Maggie Frank, CV Sciences educator

**10:30  
A.M.**

This discussion will dive into the numerous health benefits of CBD to relieve stress, anxiety, inflammation, and insomnia and provide great information for choosing which CBD is right for you.

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## *Bodyweight Workout*

Instructor-led movement session  
by Erica Lugo, Erica Fit Love

**11:00  
A.M.**

Follow along at home with Erica Lugo, USA Network's Biggest Loser Trainer, *Women's Health Magazine's* Next Fitness Star, and Lifestyle Expert as she guides you through a full body workout routine.

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## *The Microbiome and Your Immune System*

Buddy Ojeda, Certified Nutritionist, health educator, and Eastern Regional Educator for Probulin<sup>®</sup>,

**11:30  
A.M.**

The Next Generation of Probiotics.

An expert from Probulin<sup>®</sup> Probiotics will share the importance of gut health and how probiotics play a key role in boosting our immune systems during this crucial time.

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**Noon Short Break. Back at 12:15**

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*see reverse side for afternoon sessions*

## ***Cooking Demonstration***

**Presented by Lori Kelch, MS, CHNC**

**12:15  
P.M.**

As you lunch, stay tuned in as we share the latest craze for healthy eating—salads in a jar. We'll show you how to meal prep these and incorporate things like chia seeds and flax seeds to dramatically improve the health benefits of your meals.

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## ***Screen Time Self-Care***

**Presented by Maureen Kelly, 5th Sun Brokers**

**Educator for Pranarōm, Nordic Naturals, Derma E**

**1:00  
P.M.**

Understandably, screen time usage is at an all-time high. But too much “blue light” from our TV screens, computers, and cell phones can do a lot of damage to our bodies. Listen in as Maureen shares some natural products to help you combat these harmful side effects.

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## ***Bringing Life to Your Skin From the Dead Sea***

**Presented by Tom Strader, Mg12 owner**

**2:00  
P.M.**

Learn to use topical magnesium to help relieve stress, ease joint and muscle discomfort, and promote overall skin health. Tom will introduce you to the healing benefits of a soothing soak in Mg12's Magnesium Dead Sea Bath Salts.

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KEYNOTE SEMINAR

## ***Your Wellness Journey Beyond the Scale***

**Presented by Erica Lugo, Erica Fit Love**

**2:30  
P.M.**

Erica Lugo resides in Dayton and in addition to inspiring her clients through Erica Fit Love, she is a USA Network's Biggest Loser Trainer, *Women's Health Magazine's* Next Fitness Star, and Lifestyle Expert. Prepare to get motivated by her keynote to lose that “Quarantine 15” and achieve your fitness goals.

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***The time for you is now.***

