

The Newark Public Library and the Friends of the James Brown African American Room Present:

# COVID-19: How to Build & Enhance Your Immune System With Food, Herbs, Plants & Essential Oils

**Thursday, June 11, 2020 | 6-7 PM**

**Tune in on Zoom**

**zoom.us/join | Meeting ID: 994 5980 2170 | Password: 12134284**

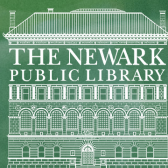
Join us as we welcome Roxana Marroquin and Arelis Hernandez for a Zoom talk discussing how to Build & Enhance Your Immune System With Food, Herbs, Plants & Essential Oils

**Roxana Marroquin, MS, LCAT-LP** is an artist, art therapist, herbalist, facilitator, and community gardener with extensive experience working with different mediums and populations.

**Arelis Hernandez** is a Licensed Professional Counselor, Certified Yoga Instructor, and an Ayurveda Lifestyle Coach. Traditional healing has been part of her lifestyle from early on in the Dominican Republic.



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