

# Tea Wellness Seminar: Implement a tea time break for a healthier lifestyle



In today's busy world, it's easy to become overwhelmed. A relaxing tea time break will not only relieve stress, but it will lead to greater health in mind and body.

**PURPOSE:** To teach individuals how, by implementing tea time in their everyday lives, they'll have a healthier and happier lifestyle.

**Individuals** come together to:

- Breathe, relax and unwind
- Learn how tea is processed
- Discover the health benefits of drinking tea
- Learn how to brew a perfect cup of tea and how to implement tea time

**INCLUDES:** Freshly brewed tea served in china teacups

**BENEFITS:**

- Learn to appreciate tea time
- Relieve stress and overwhelm
- Become rejuvenated and refreshed
- Learn the basics of living a healthier lifestyle

**TEA BLENDING:**

- Blend your own flavors, Name It, Seal It & take it home



**APRIL 8 2PM**

**REGISTRATION REQUIRED LIMIT OF 25**

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