

TVCC ADULT & CONTINUING EDUCATION OFFERS

Wellness

in the Office & Beyond

with Cheri Goble & Toni Oliver



Tuesday, March 4, 2025
5:30 PM - 7:30 PM

This course is intended to enhance overall wellness for our employees and the community by decreasing overall mental, emotional, and physical stresses that are demanding on our bodies. This would be a good class to take to enhance your overall wellness within your workplace and for anyone in the community workplace.



"Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation, to increase energy, to reduce the effects of stress and to restore lost balance to mind, body and soul."

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Education Department for registration at
903-675-6212 or e-mail conted@tvcc.edu

TV TRINITY VALLEY COMMUNITY COLLEGE
ADULT & CONTINUING EDUCATION

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Meet the Instructors

Cheri Goble began her career as a practitioner with doTERRA in 2013. Her goal was to find natural solutions for herself, her family, and her friends. After battling cancer and undergoing a hysterectomy, the usage of essential oils provided the healing properties she needed to cope with the multitude of changes she was experiencing. Cheri has an Associate of Science degree and uses this background to explore essential oils' science. She made this knowledge her focus in promoting health and wellness. As her journey continues, she also wants to educate others on the benefits of using essential oils and how they can benefit individuals from all walks of life. She has been an employee at TVCC for 3 years actively using aromatherapy throughout the

office to decrease stress, prevent sickness, and provide an uplifting atmosphere with her all-natural oils. Cheri wants to share the importance of health with everyone she encounters, knowing herself the opportunity for a healthier life and the overall wellness benefits that the use of natural essential oil products can bring to each of us.

Cheri Goble



Toni Oliver



Toni Oliver is a Licensed Massage Therapist (LMT), Massage Therapist Instructor (MTI), and Continuing Education (CE) Provider. She started her career in 2008 and has acquired many skills and knowledge over the many years. She earned her bachelor's degree in Psychology. She also has a profound knowledge of Medical Massage and its benefits. She owns her own massage practice as well as teaches massage therapy including CE classes. She teaches advanced massage classes including relaxation techniques, sports massage, sports injury, and medical massage. Her massage expertise and teaching also cover deep tissue, trigger point therapy, lymphatic drainage, reflexology, and many other techniques and modalities. She also enhanced her career while working with the Dallas Stars providing sports massage and soft tissue

injury bodywork. She also works with the State of Texas for Special Needs clientele. Her vast instructional background includes teaching at Parker University, Hands-On Therapy, and Everybody Massage Academy. She currently works for Trinity Valley Community College (TVCC) and has 3 boys who are her life. Her passion in life is to help others, enhancing wellness through therapeutic massage.



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