

WHAT: RELAX WITH REFLEXOLOGY

WHEN: Saturday, September 27, 2008

TIME: 9:30 am until 2 pm

COST: \$5.00 for a mini session

Reflexology

Reflexology is based on the principle that there are reflex areas in the feet and hands which correspond to all parts of the body. Drawing upon ancient techniques, modern reflexology was developed by Eunice Ingham, a physical therapist working with a physician in the 1930's.

Reflexology is now accepted world wide as an excellent complimentary technique. It may be used on its own or in addition to medical treatment, massage or other body work methods. Reflexology is not a medical procedure or massage. It has its own unique methods and procedures.

Benefits:

- Aid in relief of mental, physical, and emotional stress and tension**
- Help improve nerve and blood supply**
- Assist the body to achieve a more balanced state, resulting in possible improvement of various conditions.**

JOIN US!!!!!!