



REFLEXOLOGY

Reflexology is a focused pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which corresponds to and are relative to all parts, glands and organs of the entire body.

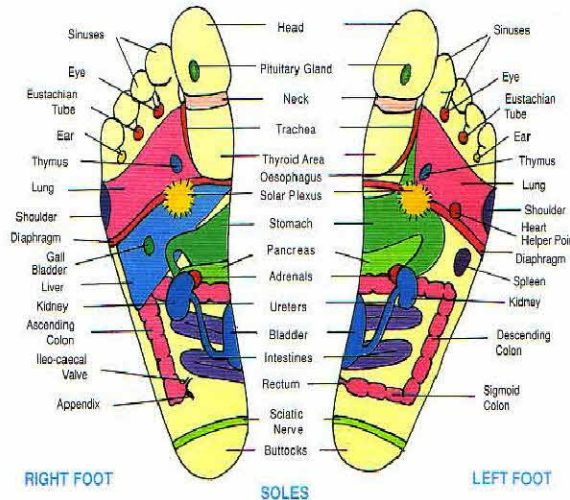
Reflexology demonstrates four (4) main benefits:

1. Relaxation with the removal of stress.
2. Enhanced circulation.
3. Assists the body to normalize metabolism naturally.
4. Complements all other healing modalities.

Fri May 8, 2009
Wed June 3, 2009
Wed September 9, 2009
Wed October 14, 2009
Wed November 4, 2009
Mon December 7, 2009
January 7, 2010
February 4, 2010
March 4, 2010

**Open for
Community**

Wed May 20, 2009
Wed June 17, 2009
Wed July 15, 2009
Wed August 19, 2009
Mon September 14, 2009
Mon October 19, 2009
Mon November 9, 2009
Wed December 16, 2009
Thursday January 21, 2010
Thursday February 18, 2010
Thursday March 18, 2010
**For Diabetic Support Group
ONLY**



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