



'Reflexology'

September 28 - 12:00PM – 1:00PM

AH100 – Andy's Place

Who: Susan Greer, Member of Canadian Reflexology Association

What: Reflexology is an ancient healing system that promotes the body's ability to heal itself and restore its natural balance. In a typical session, gentle to firm pressure and massage are applied to specific areas or *reflex points* on the ears, hands, and feet to stimulate nerve endings aimed at relieving pain and tension.

This session will educate attendees on what reflexology is, the types of treatments offered, and some exercises that people may do on their own.

Hope to see you there!

A light lunch will be available.

[Register Online](#) or email: wellness@uleth.ca



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