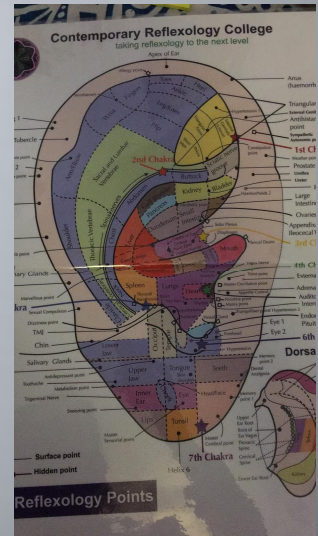
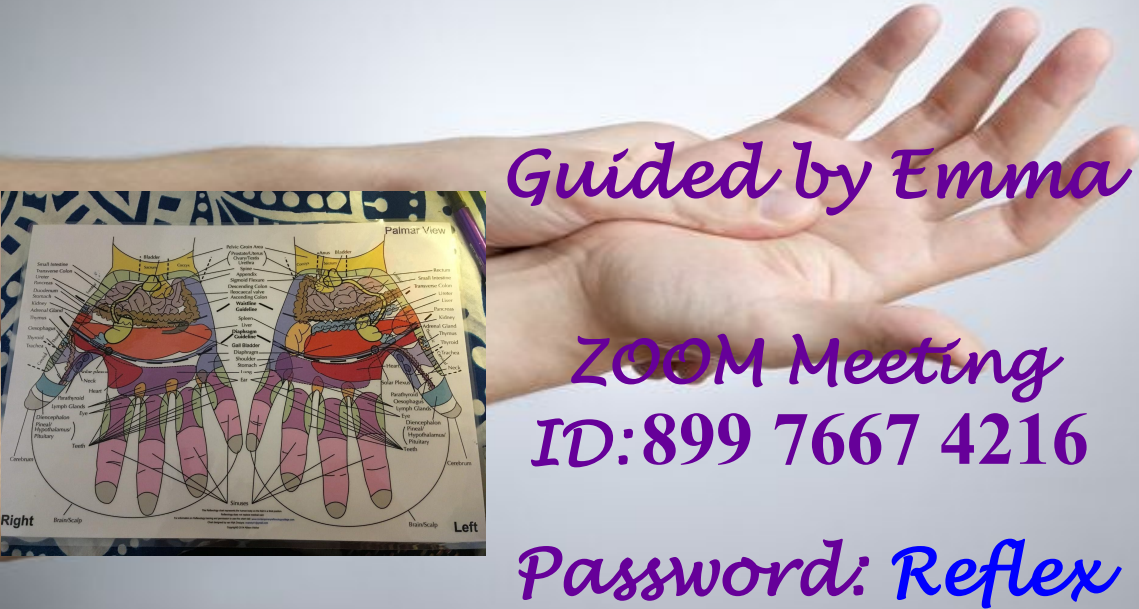


# HAND REFLEXOLOGY

*I too can help myself*

Every Monday while the Centre is closed.  
11am to 11:40am via ZOOM Meeting



## Selfcare with Hand Reflexology.

*Emma guides us with techniques using Hand and Ear points. You address reflexes, issues and systems in the body.*

*Emma will record a video of each session which will then be available for a week.*

*Please have some moistening oil or cream at hand. It will help if you also have a pillow and hand towel with you.*



### OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting you, as we recognise that they too may need support.