

4-Part Self Care Educational Series

All classes are \$25 and held on a Thursday from 6-7:30 pm

Registration and payment is required in advance due to limited space.

Register for 3 classes and get the 4th class free!

September 22nd: Self Manual Lymphatic Drainage for the Face

Once you learn this technique, it will only take you 10 minutes to:

- Reduce puffy or swollen eyes
- Open up sinus passages
- Reduce the intensity of headaches
- Help with eyes that feel "tired"
- Promote clear thinking



MLD for the face can be used as needed or done daily as a preventative measure.

September 29th: Self Care for Wrist and Hand Pain

In this 90-minute class you will learn:

- Common causes of wrist and hand pain
- Ways to help identify the cause of your pain (each person will receive specific testing done by Shea)
- Quick and easy Manual Lymphatic Drainage to reduce inflammation in your hands (and how to know when they are actually inflamed)
- A 5-minute stretching series that you can do anytime/anywhere to help maintain the health of your wrists and hands and to reduce pain



October 13th: Self Care for Plantar Fasciitis and General Foot Pain

This 90-minute class will teach you:

- Several causes of foot and heel pain
- Why Plantar Fasciitis can become chronic and why traditional treatment measures often fail or yield short-term results
- How to spend 10 minutes per day stretching the RIGHT muscles to help alleviate your pain
- Additional home care remedies for foot pain



Each person will leave with a massage ball they can use at home.

October 20th: Stretching for Health



This class is limited to 5 participants, so register early!
We will hold additional classes as requested.

We all know we need to stretch, but few of us do on a regular basis. Learn the stretches that most people really need in order to maintain healthy mobility.

Each participant will receive a stretch strap to take home along with easy to follow handouts.