

Relax, Calm Down, Reduce Stress: GSP's Healing Touch Ministry
Sunday, August 11 at 9:00 am in the Bloom Room

Healing Touch is a relaxing energy therapy that uses gentle touch on the body and in the energy field around a person to help restore balance and support the body's natural ability to heal itself. Its goal is not to cure but to enhance recovery by promoting stress reduction. This therapy comes out of holistic nursing. Grace St. Paul's has a Healing Touch ministry every Monday evening from 7 to 9 p.m. in the Weeks Room. Four trained and certified practitioners offer healing sessions to people from GSP and the Tucson community. Come and find out more about the spiritual, physical, and emotional benefits of Healing Touch and the training process to become a practitioner.

*Presented by **Patricia Dickson** and **Miriam Huber**, both certified HT practitioners.*