



ACACIA NETWORK PRESENTS

# VIRTUAL WELLNESS SERIES

FOR ESSENTIAL WORKERS AND SENIORS

## SELF-CARE: AT HOME MASSAGE TUTORIALS

with  
XANDREA SANFORD  
*Thai Yoga Massage Therapist*



This is an interactive, bilingual workshop that will:

- Guide You Through Deep Relaxation Techniques
- Teach you to apply gentle self-massage techniques to yourself, during this time of quarantine
- Leave you feeling open, rested, and relaxed

\*Please bring an oil or lotion of your choice to this event!

**FRIDAY, AUGUST 28, 2020**

**11:00 AM - 12:00 PM**

CLICK TO  
JOIN MEETING

### ZOOM DETAILS

**Meeting Link:**

[https://zoom.us/j/99730250732?](https://zoom.us/j/99730250732?pwd=U0RvRkYrVFh0Y3JwSIEwRnhrOWNrdz09)

[pwd=U0RvRkYrVFh0Y3JwSIEwRnhrOWNrdz09](https://zoom.us/j/99730250732?pwd=U0RvRkYrVFh0Y3JwSIEwRnhrOWNrdz09)

**Join by Telephone:**

Call-in: (646) 876-9923

Meeting ID: 997 3025 0732

Password: 732797

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