Reiki

Every Wednesday, starting September 11th

from 10:00—12:15

Shirley Wladar, RN and Reiki Master

will be offering 30 minute reiki sessions

$10 per session, paid to Shirley at time of session

Brewster Council on Aging

Reiki is an energy healing technique which promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their hands in a non-invasive manner to deliver energy to your body, improving the flow and balance of your energy to support healing.

Appointments are limited and pre-registration is required.
Please call the Brewster COA at 508-896-2737
to reserve your spot.

Brewster Council on Aging ~ 1673 Main Street