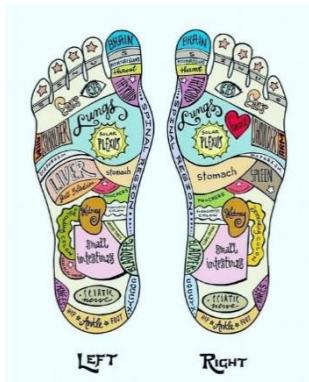


Get in Shape with Reflexology

Friday, October 21, 2022 10 am

In-person ONLY at: Tallent Hall, Room 182



In this discussion Kelli will be covering a brief history of where Reflexology came from, what Reflexology is and is not, how Reflexology affects the body, what you can expect from a Reflexology session, as well as a demonstration and practical self-application to bring home with you.

Kelli Scharping is a Wisconsin native holding a state License in Massage Therapy and Bodywork (2000-2001 Wisconsin Institute of Natural Wellness - Professional School of Massage Therapy; Racine, WI), and a

Certification in Hand and Foot Reflexology (2016 Academy of Ancient Reflexology - Therapeutic Hand and Foot Reflexology Professional Certification Program; St. Augustine, FL). She maintains a thriving full-time practice in Caledonia (Namaste Massage and Reflexology; est. 2009), and holds professional membership with the Associated Bodywork and Massage Professionals, the Reflexology Association of America, and the Integrated Reflexologists of Wisconsin.



Questions? Contact JoAnn Shea at joaz44@hotmail.com or 262-554-8081

Fee: \$7 for Member and \$14 for Guests

Register by: 10/10/22

Please register online with a [Credit Card \(click here to pay with card\)](#) OR mail checks payable to UW-Parkside/ALL, [click here to print a registration form](#). Once your registration is complete you will receive a confirmation email. Then a few days before the class, you will receive an email reminder with instructions.