



## Free Community Presentation

### Benefits of Therapeutic Massage

Presented by Becky L. Smith, Massage Therapist

Becky will discuss the advantages of Swedish massage and Reflexology techniques. Studies have shown that the Swedish massage can help to stimulate circulation, relax muscle tension, and promote well-being.

Your feet and hands are the maps of the entire body. Massaging the reflex points in your hands and feet can stimulate the nerve endings connected directly to your digestive, lymphatic, and skeletal system. The increased circulation stimulated by massage can release blockages held in the body benefiting the blood, organs, glands, and nerves.

*Saturday, November 13, 2010 1pm - 2pm*  
Snacks & Refreshments Provided



*Becky is a graduate of the Ann Arbor Institute of Massage Therapy. She has certifications in Myofascial and Neuromuscular Therapy, as well as training in Swedish relaxation and Reflexology modalities. Her goal as a clinical massage therapist at *Woman Safe Health* is to help women eliminate pain or dysfunction in their muscles and other areas of their body.*

Becky is offering an introductory 50% off your first massage through  
December 31, 2010.

Please call or email for more information.

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