

# ***FRIENDS AND FAMILY MASSAGE***

**Relaxation, Health Maintenance, Medical Alternative, and/or Complementary..... So Many Possibilities.....So Many Questions!!!**

**How can massage help me, and can I share these benefits with my "Friends and Family"?**

- **Deep Relaxation:** reducing mental stress and physical fatigue.
- **Alleviate muscle tension,** stiffness, and soreness.
- **Relief of tension related headaches and eyestrain.**
- **Improved circulation of blood and lymph fluid.**
- **Increased joint flexibility and ease of movement.**
- **Strengthens the immune system,** aiding in prevention of illness and/or disease.



## **LEARN TO MASSAGE: BASIC SKILLS CLASS**

**3-weekend class includes lecture, demonstration, and practice.**

**Class includes instruction to Massage: Hands, Arms, Feet , Legs, Neck, Back, and Face**

**Students need to bring 1 pair of twin, fitted, top sheet and 2 pillow cases**

**COST IS \$50.00 per person**

**CLASSES ARE SCHEDULED FOR June 5, 12, 19, 2010**

**9:30 A.M. - Noon**

### **THE CLASS IS HELD AT:**

**Synergy Healing Art Center and Massage School  
13593 Monterey Lane, Blue Ridge Summit, Pa 17214**

**For more information, and to register, please call  
(717) 794-5778 1-877-372-6617  
massage@synergymassage.edu**