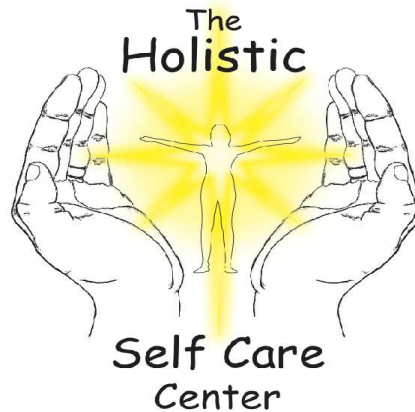


You are invited to an educational evening

Massage for the Family



Date: Wednesday, September 12th
Time: 7:00 – 8:30 pm
Cost: \$40.00 per couple - \$15.00 per child
Where: The Holistic Self Care Center
12 Murphy Drive, Nashua NH
www.thehsccenter.com
Telephone: 603.883.1490

A one-hour class teaching gentle and effective massage techniques that can be done by anyone: spouse/companion, children, and elderly. Includes education of simple do's and don'ts, how massage can improve health and well being, and how simple intention can encourage a closer-knit family. Handouts with basic massage techniques will be given upon completion of class.