



# Self Care Techniques with Therese

- **Tuesday, September 12, 9:30-10:30: *Healing Touch***
- **Tuesday, September 19, 9:30-10:30: *Sound Therapy***
- **Tuesday, September 26, 9:30-10:30: *Emotional Freedom Technique***

**These classes will be taught by a Healing Touch Practitioner with 15 years experience and has training in many other modalities.**

To sign up for this **FREE** in-centre program please call South Interlake 55 Plus at 204-467-2582