

\$10 fifty-minute Healing Touch Appointments

offered by volunteers at VITALITY's center in Norwood

2nd & 4th Tuesdays . . . Sept 12 & 26; Oct 10 & 24

make an appointment for 5:30, 6:30, or 7:30 pm

by emailing Brian at vitalitycincinnati@gmail.com or call/text 513.300.5174



What is Healing Touch?

- started in 1980's by nurses for pain-relief & anxiety-relief
- practiced in Cincinnati hospitals — especially Bethesda North, Good Samaritan, Children's & Shriners Hospitals
- with your permission, trained volunteers will lightly rest their hands on your shoulders, head, arms, knees, ankles or feet
- participants usually experience relaxation and often a reduction in pain & anxiety
- Come take a class at VITALITY sometime! Everyone can practice Healing Touch!
- In addition to Healing Touch, VITALITY has offered donation-based programs at our Norwood center and around Cincinnati since 2010:

yoga meditation journaling Movement Intelligence yoga-teacher-training

***3925 Montgomery Rd, Norwood, OH 45212 — next to Domino's Pizza
vitalitycincinnati.org***