





Chair massage is a short massage, done through the clothing. It typically focuses on key tension areas in the back, neck, shoulders and arms.

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us To be alive. Reiki is performed on a massage table and the client will be fully clothed, laying on their back.



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<u>Clientele</u>

Injured Soldiers and Family/Care Takers *Includes: Military ID Card Holders with PTSD, TBI and other stress related conditions Please call 785-240-7192 (SFAC) to schedule

New Location

Soldier Family Assistance Center 674 Warrior Road 1st & 3rd Tuesday from 5-8pm

Dates:

Aug 7 & 21Nov 6 & 20Sep 4 & 18Dec 4 & 18Oct 2 & 16